

**OFFICE OF CHIEF ACADEMIC OFFICER**  
**Summary of State Board of Education Agenda Items**  
**Consent Agenda**  
**June 17, 2021**

**OFFICE OF PROFESSIONAL DEVELOPMENT**

- E. Approval of the revised School Wellness Plans for the Mississippi School of the Arts, Mississippi Schools for the Deaf and the Blind, and Mississippi School for Mathematics and Science

**Executive Summary**

The School Wellness Plans outline a coordinated plan that encourages students and staff to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives. The Wellness Plans describes each school's commitment to:

Nutrition

Food Safe School

Physical Activity/Physical Education

Comprehensive Health

Healthy School Environment

Quality Health Services

Providing Counseling, Psychological and Social Services

Family and Community Involvement

Quality Staff Wellness Program

Marketing a Healthy School Environment

Recommendation: Approval

Back-up material attached





mississippi  
**school** of  
the **arts**  
*imagine. create. realize.*

# Wellness Policy

*July 1, 2021*

*Revised*



MISSISSIPPI  
DEPARTMENT OF  
EDUCATION

*Ensuring a bright future for every child*

# *MS School of the Arts*

## *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 MS School of the Arts shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in MS School of the Arts 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 MS School of the Arts 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.

### **Nutrition Environment and Services**

The MS School of the Arts will:

- Offer 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.
- Offer 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.
- Promote participation in school meal programs to students, families, and staff.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).

- Include goals for nutrition promotion, nutrition education, physical activity, and other school-based activities to promote student wellness.
  - 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),
    - ❑ Healthy food and beverage choices.
    - ❑ Healthy food preparation.
    - ❑ Marketing of healthy food choices to students, staff and parents.
    - ❑ 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 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. (see Nutrition Environment and Services section of the *Tools That Work – Your Guide to Success for Building a Healthy School* Toolkit that is found on the Office of Healthy Schools website at <http://www.mdek12.org/OHS> ).
  - Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
  - Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
    - <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:
- The Alliance for a Healthier Generation Smart Snacks Product Calculator is an effective online instrument that has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products. [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

## **Food Safe Schools**

- Implement a food safety program based on Hazard Analysis Critical Control Point (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. HACCP Principles for K-12 schools can be downloaded at: <http://www.theicn.org>.
- 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 schools.
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members. These resources which include a training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at <http://www.mdek12.org/OHS>.

- 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 Wellness Policy that includes food safety policies and procedures and provides for relevant professional development.
- 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 who have food allergies and intolerances.

## **Physical Education/Physical Activity**

The MS School of the Arts will:

- 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 2013-2014 Mississippi Physical Education Frameworks.
- 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.
- Beginning with 9<sup>th</sup> 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 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 Activities 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)

Links to resources to aid policy development and Office of Healthy Schools website

[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)

<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>

<http://www.mdek12.org/OHS>

## **STATE REQUIREMENTS MONITORED BY THE OFFICE OF HEALTHY SCHOOLS**

## Health Education

The MS School of the Arts will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the requirements of MS Code 37-13-171, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-plus curricula.
- Beginning with 9<sup>th</sup> 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 or physical education. MS Code 37-13-134 (Senate Bill 2185)
- Provide students with Body Mass Index (BMI- measurement of height, weight and blood pressure). Upon request, educational materials and support for student personal goals will be available.
- Create opportunities for students to voluntarily participate in before-and after-school physical activity programs.
- Establish physical activity opportunities for students and encourage participation in student-led fitness club as a support for healthy living.

## Health Services

The MS School of the Arts will:

- Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.
- Know the district anaphylaxis policy. Providing training by a healthcare professional, preferably a school nurse, for the individuals that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37).
- The school nurse should attend at least one MDE sponsored training each school year.
- Offer comprehensive health services for students in grades 11-12, through the employment of school nurses, to academic success.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- 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 (Parent Network meetings, open houses, health fairs, teacher in-services, and other events).

- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

## **Counseling, Psychological and Social Services/Social and Emotional Climate**

The MS School of the Arts will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and/or 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.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- 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. MS Code 37-9-79 – (Amended 2014-Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Continue partnership with New York Life as a Grief Reach School.
- 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.
  - ❑ Beginning with the 2017-2018 school year, the State Department of Education shall require that local school districts conduct in-service training on suicide prevention education for all school district employees. Thereafter, only new employees are required to have training. The Mississippi Department of Mental Health will be responsible for developing the content of the training (HB 263).
  - ❑ 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.
  - ❑ Professional school counselors must spend a minimum of eighty percent (80%) of their contractual time to the delivery of services to students as outlined by the American School Counselor Association.



## **Family Engagement and Community Involvement**

The MS School of the Arts will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite family or community members to eat a meal at school.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Update parents on school health successes through newsletters and/or email.

## **Employee Wellness**

The MS School of the Arts will:

- 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 *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>
- 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 Staff to use Fitness Center on the school site.
- 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.
- Coordinate school employee wellness activities with student health-promotion activities.

## **Marketing a Healthy School Environment**

The MS School of the Arts will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.
- Create awareness of the link between the health of students and academic performance.
- Follow all pandemic protocols per recommendation from Centers for Disease Control and Prevention (CDC) and the MS Department of Health.

## Implementation

The MS School of the Arts will:

- Follow the school wellness policy and update as needed.
- Designate one or more persons to ensure 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 (Mississippi Code of 1972 Annotated, Section 37-13-134). Minimum meeting requirement is two per school year.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

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# Mississippi Schools for the Deaf and the Blind

2021-2022

## *Wellness Plan*

### **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!* 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 attending Mississippi Schools for Deaf and the Blind shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at the Mississippi Schools for the Blind and the Deaf are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Mississippi Schools for the Deaf and the Blind adopts this school wellness plan 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**

The Mississippi Schools for the Deaf and the Blind:

- 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 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).
- Not have extra food sales.
- Not offer vending machines to students during school hours.
- Implement Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with the 2007 Mississippi Healthy Students Act (Mississippi State Board of Education Policy 4011).

## **Commitment to Food Safe School**

The Mississippi Schools for the Deaf and the Blind 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® and other national standards for safe food handling at home and in school.
- Ensure that all staff members have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus.
- Provide 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.
- Provide adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- Ensure the food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8.
- Kindergarten students will participate in physical activity for a minimum of 40 minutes during the school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007.
- 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.
- 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 instruction 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.
- Schedule recess and/or physical education, where possible, before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Participate in a yearly fitness test for students (e.g., Fitnessgram, President’s Challenge to Physical Fitness, etc.).
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create wider 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 Comprehensive Health Education**

The Mississippi Schools for the Deaf and the Blind will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2008 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement instruction based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2008 Mississippi Public School Accountability Standard 20, Appendix A).

- Implement the Mississippi Healthy Students Act of 2007 which requires 45 minutes per week of comprehensive health education as defined by the Mississippi State Board of Education for Grades K through 8.
- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*.
- Integrate Health Education into other subject areas.
- Provide Universal Precautions training and Universal Precautions Kits for all teachers and staff.
- Research, select, and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.
- Host a School Health Fair for students.

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

The Mississippi Schools for the Deaf and the Blind 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).
- Ensure all playground equipment meets 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.
- Eliminate the use of 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 Miss. Code Ann. § 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).
- Encourage arrival of all LEA 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: (Miss. Code Ann. §§ 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.
- Provide air conditioning in all classrooms, Miss. Code Ann. § 37-17-6(2) (2000).
- Comply with the requirements for Safe and Healthy Schools.
- Maintain a comprehensive School Crisis Management Plan on file that has been approved by the State Board of Education.
- Prohibit the possession of pistols, firearms or weapons by any person on school premises or at school functions.
- Prohibit students from possessing tobacco on any educational property, Criminal Code § 97- 32-9 (2000).
- Conduct annual sprinkler review and AHERA three-year inspections.

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

The Mississippi Schools for the Deaf and Blind will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.
- Offer comprehensive health services for students in grades K-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 (parent meetings, open houses, health fairs, teacher in-services, and other events).

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

The Mississippi Schools for the Deaf and the Blind will:

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring



- guidance counselors and psychologists.
- 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, 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, 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
  - Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
  - Provide additional services to improve students' mental, emotional, and social health.
  - Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.
  - Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.

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

The Mississippi Schools for the Deaf and the Blind will:

- Give parents and community the opportunity to serve on the School Health Council (SHC).
- Invite family members to a school meal.
- Provide families with information on health topics that relate directly to lessons taught in health education and physical education classes.
- Recruit, train, and involve families as volunteers by taking advantage of their

- time, experience, and resources.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
  - Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs.
  - Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school.

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

The Mississippi Schools for the Deaf and the Blind will:

- 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.
- Coordinate school employee wellness activities with student health-promotion activities.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.
- Ensure that all staff members are aware of the Mississippi State and School Employees' Health Insurance Plan.

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

The Mississippi Schools for the Deaf and the Blind 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 meetings, parent-teacher conferences, 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 issues facing Mississippi children, as well as the need for and benefits of healthy school environments.

## Commitment to Implementation

The Mississippi Schools for the Deaf and the Blind will:

- Establish a plan for implementation of the school wellness plan.
- Designate one or more persons to ensure that the school wellness plan 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 in accordance with the Mississippi Healthy Students Act.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Update and submit an annual school wellness policy for approval from the State Board of Education.

### School Wellness Policy Evaluation Component

Key: 5 = Fully met 4=Mostly met 3 = Some progress made 2 = Little Progress made  
1= No progress made; effort made 0 = No effort attempted

| Standard   | Rating |
|--|--------|
| 1. Offered a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.  |        |
| 2. Offered school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs. |        |
| 3. Encouraged school staff and families to participate in school meal programs.  |        |
| 4. Operated 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).   |        |
| 5. Implemented Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with the 2007 Mississippi Healthy Students Act (Mississippi State Board of Education Policy 4011).   |        |

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| 6. Implemented 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.  |  |
| 7. Developed a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in school.   |  |
| 8. Ensured that all staff members 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.   |  |
| 9. Distributed to 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) copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. |  |
| 10. Provided adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.  |  |
| 11. Addressed the food safety assurance plan to include strategies that minimize risks for students and staff who have food allergies and intolerances.   |  |
| 12. Provided parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.   |  |
| 13. Implemented the requirements to provide 150 minutes per week of physical activity-based for all students in grades K-8.   |  |
| 14. Designed schedule so that Kindergarten students participate in physical activity for a minimum of 40 minutes during the school day.   |  |
| 15. Provided Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007 (State Board Policy 12).   |  |
| 16. Required fitness testing for all 5 <sup>th</sup> grade students.  |  |
| 17. Required 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).  |  |
| 18. Offered a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.  |  |

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| 19. Implemented instruction based on the 2006 Mississippi Physical Education Framework.  |  |
| 20. Implemented the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).   |  |
| 21. Graduation requirements for 9 <sup>th</sup> through 12 <sup>th</sup> grade students include ½ Carnegie unit in physical education.   |  |
| 22. Scheduled recess and/or physical education, where possible, before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.   |  |
| 23. Participated in a yearly fitness test for students (e.g., Fitnessgram, President’s Challenge to Physical Fitness, etc.).   |  |
| 24. Established/enhanced physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.  |  |
| 25. Provided staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.   |  |
| 26. Collaborated with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.  |  |
| 27. Created wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.                             |  |
| 28. Provided ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).   |  |
| 29. Implemented instruction based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2008 Mississippi Public School Accountability Standard 20, Appendix A).  |  |
| 30. Implemented the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369); which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8. |  |
| 31. Emphasized the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.   |  |
| 32. Provided Universal Precautions training and Universal Precautions Kits for all teachers, superintendents and staff.  |  |
| 33. Researched, selected, and purchased disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.   |  |
| 34. Hosted a School Health Fair for students.  |  |
| 35. Ensured 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.                        |  |

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| 36. Ensured that all chemicals are stored properly (in accordance with the Material Safety Data Sheet.   |  |
| 37. Ensured that fire extinguishers are inspected each year and properly tagged.   |  |
| 38. 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.   |  |
| 39. Conducted at least one emergency evacuation drill per month.   |  |
| 40. Eliminated the use of extension cords as a permanent source of electricity anywhere on a school campus.  |  |
| 41. Complied with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the Miss. Code Ann. § 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).   |  |
| 42. Inspected all buses on a quarterly basis and ensure that they are well maintained and clean.   |  |
| 43. Required 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. ( <u>SB Policy 7903</u> ).   |  |
| 44. Ensured arrival of all buses at their designated school sites prior to the start of the instructional day.   |  |
| 45. Conducted bus evacuation drills at least two times each year. ( <u>SB Policy 7904</u> ).   |  |
| 46. Provided facilities that meet the criteria of: (Miss. Code Ann. §§ 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).   |  |
| 47. Provided facilities that are clean.  |  |
| 48. Provided facilities that are safe.   |  |
| 49. Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.  |  |
| 50. Provided operational facilities that are equipped and functional to meet the instructional needs of students and staff in accordance with the Mississippi School Design Guidelines.  |  |
| 51. Provided air conditioning in all classrooms, Miss. Code Ann. § 37-17-6(2) (2000).  |  |
| <p>Complied with the requirements for Safe and Healthy Schools:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (Miss. Code Ann. §§ 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1).</li> <li><input type="checkbox"/> Prohibit the possession of pistols, firearms or weapons by any person on school premises or at school functions.</li> <li><input type="checkbox"/> Prohibit students from possessing tobacco on any educational property, Criminal Code § 97-32-9 (2000).</li> </ul> |  |

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| 53. Ensured all school nurses are working under the guidelines of the <i>Mississippi School Nurse Procedures and Standards of Care</i> .   |  |
| 54. Offered comprehensive health services for students in grades K-12, through The employment of school nurses, as a means to academic success.  |  |
| 55. Collaborated with other school staff to provide health services as part of a Coordinated School Health Program.  |  |
| 56. Worked with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.  |  |
| 57. Promoted healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).  |  |
| 58. Adhered to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists.   |  |
| 59. Provided 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, Process Standards 6.1 and 6.2).  |  |
| 60. Hired 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.   |  |
| 61. Hired school counselors who agree to abide by the American School Counselor Association Code of Ethics.  |  |
| 62. Ensured that all school guidance counselors provide comprehensive counseling services such as: <ul style="list-style-type: none"> <li><input type="checkbox"/> Academic and personal/social counseling</li> <li><input type="checkbox"/> Student assessment and assessment counseling</li> <li><input type="checkbox"/> Career and educational counseling</li> <li><input type="checkbox"/> Individual and group counseling</li> <li><input type="checkbox"/> Crisis intervention and preventive counseling</li> <li><input type="checkbox"/> Referrals to community agencies</li> <li><input type="checkbox"/> Educational consultations and collaborations with teachers, administrators, parents and community leaders</li> <li><input type="checkbox"/> Education and career placement services</li> <li><input type="checkbox"/> Follow-up counseling services</li> <li><input type="checkbox"/> Conflict resolution</li> <li><input type="checkbox"/> Other counseling duties or other duties as assigned by the school principal</li> </ul> |  |
| 63. Offered quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.  |  |
| 64. Provided additional services to improve students' mental, emotional, and social health.  |  |

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| 65. Offered counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.   |  |
| 66. Hired qualified counselors who will address the mental health, academic, and career needs of students in the school setting.   |  |
| 67. Provided parents and community the opportunity to serve on the School Health Council (SHC).  |  |
| 68. Invited family members to attend health and physical education classes.  |  |
| 69. Invited family members to a school meal.   |  |
| 70. Provided families with information on health topics that relate directly to lessons taught in health education and physical education classes.   |  |
| 71. Recruited, trained, and involved families as volunteers by taking advantage of their time, experience, and resources.  |  |
| 72. Invited family volunteers to lead physical activities for children, such as Lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.   |  |
| 73. Developed homework assignments for students that involve family discussions about health topics and age-related health issues.   |  |
| 74. Communicated with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs.   |  |
| 75. Encouraged family meal times at home to enhance both nutrient intake of children and their successful performance at school.   |  |
| 76. Promoted 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   |  |
| 77. Provided 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.   |  |
| 78. Encouraged after school health and fitness sessions for school staff.  |  |
| 79. Developed 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. |  |
| 80. Coordinated school employee wellness activities with student health-promotion activities.  |  |
| 81. Coordinated staff wellness events and activities with state and national health observances throughout the year.   |  |
| 82. Ensured that all staff members are aware of the Mississippi State and School Employees' Health Insurance Plan.   |  |



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| 83. Provided 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.   |  |
| 84. Involved 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.   |  |
| 85. Promoted 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). |  |
| 86. Eliminated advertising and other materials on the school campus that promote foods of minimal nutrition value.   |  |
| 87. Worked 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.   |  |
| 88. Applied for recognition award through the Governor's Commission on Physical Fitness and Sports.  |  |
| 89. Completed an online success reporting form on the Office of Healthy Schools website.   |  |
| 90. Established a plan for implementation of the school wellness policy.   |  |
| 91. Designated one or more persons to ensure that the school wellness policy is implemented as written.  |  |
| 92. Established and supported a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.   |  |
| 93. Conducted a review of the progress toward school wellness policy goals each year to identify areas for improvement.  |  |
| 94. Update and submit for approval.  |  |

This evaluation will be completed by June 1, annually. It will be the responsibility of the committee of the School Health Council to complete the evaluation and file a copy in the Superintendent's office.



MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE  
SCHOOL 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. 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!* 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 the Mississippi School for Mathematics and Science (MSMS) shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in the Mississippi School for Mathematics and Science 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 MSMS is committed 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 MSMS shall:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA) and the Mississippi Department of Education (MDE), 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 USDA and the MDE, Office of Child Nutrition Programs.
- Promote participation in school meal programs to students, families and staff.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi State Board of Education (MSBE) Policy Manual, Rule 17.1).
- Follow State Board of Education (SBE) policies on competitive foods and extra food sales.

- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the SBE in accordance with the Mississippi Healthy Students Act, including:
  - ❑ Healthy food and beverage choices;
  - ❑ Healthy food preparation;
  - ❑ Marketing of healthy food choices to students, staff and parents;
  - ❑ 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; and
  - ❑ 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.

Resources: Miss. Admin. Code 7-3: 17; State Board Policy, Chapter 17: Child Nutrition

### **Commitment to a Food Safe School**

Food services for the MSMS is provided by Sodexo through the Mississippi University for Women. Jointly with these entities, the MSMS shall:

- Implement a food safety program based on Hazard Analysis and Critical Control Points (HACCP) principles for all school meals, as required by the USDA and the MDE, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site. HACCP Principles for K-12 schools can be downloaded at: <https://childnutrition.ncpublicschools.gov/information-resources/haccp-food-safety>. All managers will complete SafeServe food safety course. Certifications will be displayed in facility.
- Ensure that all staff members actively participate in 5-minute safety huddles facilitated by Dining Services General Manager.
- 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)
- Provide copies of the school wellness policy to all school personnel (administrators, teachers, school nurses, instructional and health services paraprofessionals, food service staff, custodians and facilities managers, and administrative support staff) to include food safety policies and procedures and relevant resources. Examples of resources include, but are not limited to the Center for Disease Control <https://www.cdc.gov/healthyschools/index.htm> and nutrition resources provided by MDE: <https://www.mdek12.org/OCN/NE>.

- Provide adequate access to hand washing facilities and supplies whenever and wherever students, staff, and families prepare, handle, or consume food.
- Ensure that the food safety assurance plan addresses strategies that minimize risks for students and staff who have food allergies and intolerances. Dining Services will provide identifiers at each meal station displaying ingredients used in preparing foods.

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

The MSMS shall:

- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the SBE in compliance with the Mississippi Healthy Students Act. *See* Miss. Code Ann. §37-13-134, and State Board Policy, Rule 38.12.
- 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. *See* Miss. Code Ann. §37-13-134, Miss. Admin. Code 7-3:38, and State Board Policy, Rule 38.12.
- Ensure that graduation requirements include ½ Carnegie unit in physical education.
- Establish or enhance physical activity opportunities (e.g., walking clubs or fitness challenges) for students and encourage participation in student-led fitness club as a support for healthy living.
- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and interscholastic athletics.
- Address concussions by adopting and implementing a policy for students in grades 11-12 who participate in activities sanctioned by the Mississippi High School Activities 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 policy, parent/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Provide instruction based on the current version of the Mississippi Physical Education Framework
- Implement the requirements of the Mississippi Healthy Students Act of 2007.

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

The MSMS shall:

- Provide ½ Carnegie unit of health education for graduation in accordance with the requirements of the Mississippi Public School Accountability Standards, Process Standards for schools governed by SBE.
- Provide instruction based on the Mississippi Contemporary Health for grades 9-12 in accordance with the requirements of the Mississippi Public School Accountability Standards, Process Standards for schools governed by SBE.

- Implement the requirements of MS Code 37-13-171, which requires the development of a sex-related education policy and instruction on medically accurate or evidence-based abstinence-only or abstinence-plus curricula.

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

The MSMS shall:

- Ensure that there are no pad locks or chains on exit doors; so that exits are never 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.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in the 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.
- Maintain an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency. If there is only one door, a window (properly sized) will be designated as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on the school campus.
- Comply with the following applicable rules and regulations of the SBE in the operation of its transportation program in accordance with Miss. Admin. Code 7-3:81, and State Board Policy Chapter 81: Transportation.
  - 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 operate 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.
  - Conduct bus evacuation drills at least two times each year.
- Provide facilities that meet the following criteria as outlined in the Mississippi School Safety Manual under the Office of Safe and Orderly Schools, and the Accountability Process Standards.
  - Provide facilities that are clean.
  - Provide facilities that are safe.
  - Provide proper signage explaining that 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 <https://www.mdek12.org/OSOS/DBG>)

— Provide air conditioning in all classrooms.

Comply with the requirements for Safe and Healthy Schools (Miss. Code Ann. §37-13-134 and Accountability Process Standards):

- Maintain a comprehensive School Safety Plan on file that has been approved by the State Board of Education.; see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: <https://www.mdek12.org/OSOS/SS>
- Prohibit the possession of pistols, firearms, or weapons by any person on school premises or at school functions. 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 commits a violent act on educational property will 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. See Miss. Code Ann. §37-11-18.
- Prohibit possession or use of tobacco on any educational property for students or 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 regularly scheduled meetings with the School Health Council to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining a healthy and safe school.

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

Health services at the MSMS is provided by Mississippi University for Women. Jointly with MUW, the MSMS shall:

- Ensure all school nurses are working under the current guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Provide teachers and staff with training regarding signs and symptoms of asthma. (MDE Policy 2393)
- Ensure that every child who has been diagnosed with asthma has an asthma action plan on file in the school office.
- Offer comprehensive health services for students, 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.

Resource: Miss. Admin. Code 7-3: 38 and State Board Policy Chapter 38: Healthy and Safe Schools.

### **Commitment to Implementation of a Concussion Policy**

The MSMS shall:

- Adopt a policy and form to assist in the proper evaluation and management of head injuries that specifies the following:
- Remove a student who reports or displays any symptoms or signs of a concussion immediately from the physical activity. The student should not be allowed to return to the physical activity for the remainder of the day regardless of whether the student appears or states that he/she is normal.
- Ensure that the student displaying signs of a concussion is evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- Ensure that if the student has sustained a concussion, they should be referred to a licensed physician preferably one with experience in managing concussion injuries.
- Ensure that the student who has been diagnosed with a concussion returns to physical activity only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually takes 7-14 days after resolution of all symptoms.
- Ensure that students return to physical activity after a concussion gradually and follow a progressive return to competition, as applicable. The student should not return to a physical activity before demonstrating that he/she has no symptoms.
- Ensure that the students do not return to practice or play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

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

The MSMS shall:

- Adhere to the details outlined in the Licensure Guidelines (436, 451) when hiring guidance counselors, social worker, and/or psychologists. See Miss. Admin. Code 7-4.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all 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, Process Standards for schools governed by the SBE.
- 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 guidance 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
- ❑ Health education on the topic of suicide prevention
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.

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

The MSMS shall:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite family or community members to eat a meal at school.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.

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

The MSMS shall:

- Require that all staff members are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include WebMD, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit.
- 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.

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

The MSMS shall:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.

- Involve students in the local school health council for planning and marketing school health messages throughout the school.

### **Commitment to Implementation**

The MSMS shall:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to ensure 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 (Miss. Code Ann. §37-13-134). The council will consist of the following:
  1. Director for Student Affairs-LeAnn Alexander
  2. Director for Academic Affairs –Dr. Danette Moore
  3. Nurse from MUW Health Center-Angie Criddle
  4. Director of Food Services (Sodexo)-Scott Hager
  5. MSMS Counselor-Shelle Bates
  6. Residence Hall Director-Hansel Jackson
  7. Faculty Member-Dr. Brian Burns
  8. Student- Vidhi Patel and Dylan Griffith
  9. MSMS Parent Representative- Abbie Robinson (Class of 2022 Parent)
  10. Community Representative- Melissa Parsons
- 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.
- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at <https://www.mdek12.org/OHS>.

In accordance with Federal law and USDA policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability. The Mississippi State Board of Education, the MDE, the Mississippi School of the Arts, the Mississippi School for the Blind, the Mississippi School for the Deaf, and the Mississippi School for Mathematics and Science do not discriminate on the basis of race, sex, color, religion, national origin, age, or disability in the provision of educational programs and services or employment opportunities and benefits. The following office has been designated to handle inquiries and complaints regarding the nondiscrimination policies of the above-mentioned entities:

Director of Human Resources  
Mississippi Department of Education  
359 North West Street, Suite 211  
Jackson, MS 39201  
(601) 359-3511

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employee.