

School Wellness Policy

Houston School District



July 2020

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 Houston School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy life styles. All staff members in Houston School 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 Houston School District adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

The Houston School District will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to 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). Limit the number of extra sale items that may be purchased with a reimbursable meal. This policy will exclude extra beverage purchases of milk, juice and/or water. Elementary school students may purchase 1 extra sale item other than beverage and secondary students may purchase 2 extra sale items other than beverage. Extra sale

items in individual packages may not exceed 200 calories. Schools may sell extra items in portions not to exceed the menu portion serving size. *The school district will make available the policy 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 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 www.mde.k12.ms.us/ohs/home). *The school district will make available the nutrition guidelines for all foods available on the school campus during the school day.*
- 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/
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the ChooseMyPlate resources, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products. Read more about HHFKA at <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and ChooseMyPlate at <http://www.choosemyplate.gov/>
- 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.
- Replace deep fat fryers with combination oven steamers, as funds allow.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

- Make school meals accessible to all students with a variety of delivery strategies, such as grab-and-go breakfasts, or alternate eating sites.
- Eliminate use of foods as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child’s selection of flavored milk at mealtime due to behavior problems). Also, do not use any type of physical activity as a means of punishment.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day. Alternative fundraising ideas can be downloaded at <http://www.healthysd.gov/Documnets/HealthyFundraisingIdeas.pdf>
- Regarding standards for all food and beverages provided, but not sold, to students during the school day (e.g. classroom parties, snacks brought by parents, or edible incentives), the local school health council agrees that due to the rarity of these situations, these be allowed as approved by the school principal or other administrator. Staff, including the school nurse, will monitor for allergies in these classes and situations. Access to brochures listing USDA’s Smart Snacks in School Nutrition Guidelines will be available on the school website to assist making healthier choices when planning events for classrooms. <https://foodandhealth.com-school-snack-guide/>
- Culinary Arts Program – The Culinary Arts Program housed in the CTE building will comply with guidelines set forth by the Smart Snacks Nutrition Standards for all foods sold in school as required by the HHFK of 2010. Smart Snacks nutrition standards have no impact on culinary education program curriculum in schools nor do they have any impact on foods sold to adults or sold to students outside of the school day. Standards apply to all foods sold on campus to students during the school day, including foods prepared and/or sold by the culinary education program

Commitment to Food Safe Schools

The Houston School District 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. HACCP Principles for K-12 schools can be downloaded at: <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® (www.fightbac.org) and other national standards for safe food handling at home and in school.
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm.
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional development include, but are not limited to, the video developed by the

Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.

- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

Commitment to Physical Activity/Physical Education

The Houston School District will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1).
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Require fitness testing for all 5th grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Use Move to Learn in the classroom as needed.
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie unit for physical education of 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.misshsaa.com/GeneralInfo/SportsMedicine.aspx>

- <http://www.mde.k12.ms.us/ohs/home>

- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times at the elementary schools
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school, and by installing bike racks at school buildings. Program descriptions and assessment tools available at <http://www.cdc.gov/Features/Safeschools/>
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create 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 Houston School District 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 the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- 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-only or abstinence-plus curricula.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)
- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health Curriculum.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier U.S. School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas (www.mde.k12.ms.us/healthy-schools Click on Health in Action).
- Research, select, and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.
- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district.

Commitment to a Healthy School Environment

The Houston School District will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have 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, 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 #29).

- 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 #29).

- 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 <http://www.edi.msstate.edu/guidelines/design.php>)
- 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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>

- 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.
- Install locks on classroom doors in order to create security from the inside.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems – <http://www.epa.gov/cleanschoolbus>
- Install security cameras on the school campus.
- Conduct random drug testing on those students participating in extra-curricular varsity activities.

Commitment to Quality Health Services

The Houston School District will:

- Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care* and MS Board of Nursing.
- 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.
- The school nurse should attend at least one MDE sponsored training each school year.
- 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)
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- Optimize the provision of health services for students 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 (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.

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

Commitment to Providing Counseling, Psychological and Social Services

The Houston School District 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.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- 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).
- 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 teachers and administrators with health education on the topic of suicide prevention according to HB 263.
- 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.
- Protect the health and well-being of all students by adopting a suicide prevention policy which will help protect all students through the following steps:
 - Students will learn about recognizing and responding to warning signs of suicide in friends using coping skills, using support systems, and seeking help for themselves and friends. This will occur in all health classes.
 - The Houston School District will designate a suicide prevention coordinator to serve as a point of contact for students in crisis and to refer students to appropriate resources.
 - When a student is identified as being at risk, they will be assessed by a school employed mental health professional who will work with the student and help connect them to appropriate resources.
 - Students will have access to national resources which they can contact for additional support such as the National Suicide Prevention Life Line at 1-800-273-8255 www.suicidepreventionlifeline.org
 - All students will be expected to help create a school culture of respect and support in which all students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they, or a friend, are feeling suicidal or in need of help.
 - Students should also know that because of the life or death nature of these matters, confidentiality or privacy concerns are secondary to seeking help for students in crisis.
 - Students will not be allowed to return to school without written documentation from a licensed mental health professional stating that the student has been examined and is no longer a danger to themselves or others. Parents/guardian is responsible for choosing a mental health professional and any financial requirements of the examination(s).

Commitment to Family and Community Involvement

The Houston School District 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 participate in health and/or physical education classes
- Invite family or community members to eat a meal at school.
- May recruit, train and involve community members as volunteers for teaching certain health units, as needed.
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Encourage regular family mealtimes that include healthy choices.
- Update parents on school health successes through monthly newsletters and/or email or via the district web site.
- Encourage PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Commitment to Implementing a Quality Staff Wellness Program

The Houston School District 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>
- 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.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- 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.
- Encourage the organization of employee walking teams or clubs.

Commitment to Marketing a Healthy School Environment

The Houston School District will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems and the school website to promote health messages to students and families.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- 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.

Commitment to Implementation

The Houston School District will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).

- 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.

Addendum 2020-2021 SY – COVID19

Emerging Disease Information

Updated March 5, 2020

The health of students is of primary concern to the Mississippi Department of Education (MDE) and Mississippi schools. This guide is designed to provide basic information and procedures regarding viruses in schools. The MDE will continue to communicate with the MS State Department of Health (MSDH) to maintain a safe and healthy environment for our children. As new information is made available, the MDE will update this guide. Please refer to the links to the MSDH and the Center for Disease Control (CDC) and for more detailed information.

General Procedures for Personal Protection

Basic infection control in school settings should always be promoted and maintained.

- ✓ **Hand hygiene** - Students and staff should be encouraged to wash hands often with soap and water, especially after coughing and sneezing. If soap and water is unavailable, sanitizers may be used.
Kids Video: <https://www.youtube.com/watch?v=qJG72sycQB8>
Printable: <https://www.cdc.gov/handwashing/campaign.html>
- ✓ **Respiratory etiquette**- MSDH and CDC recommend covering the nose and mouth with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available) and throwing the tissue in the trash after use, followed by hand washing.
Kids Video: <https://youtu.be/mQINuSTP1jI>
Printable: https://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf
- ✓ **Routine Cleaning**- School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Cleaning should take place immediately if there is contamination of surfaces with blood, stool or vomit. CDC recommends personal protective equipment as part of universal precautions when cleaning body fluid spills.
CDC Instructions: <https://www.cdc.gov/flu/school/cleaning.htm>
- ✓ **Separate ill students and staff** - Students and staff who seem to have flu symptoms should be separated from others until they can be sent home. CDC recommends personal protective equipment as part of universal precautions when caring for infected individuals.
- ✓ **Stay home when sick** - Those with flu like symptoms, including respiratory symptoms, should stay home from work or school and seek medical attention if the symptoms get worse. This includes uncontrolled temperature, difficulty breathing, worsening headache, unusual muscle weakness or seizure activity. Remain home until fever has been gone for at least 24 hours without the use of fever reducing medications.

Coronavirus COVID-19

New 3/5/2020: Coronavirus Hotline

The Mississippi State Department of Health is now operating a hotline for convenient answers to questions about COVID-19 by phone.

Mississippi Coronavirus Hotline (8 a.m. – 5 p.m., Monday through Friday): **877-978-6453**

NEW 3/2/2020: Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

New 3/3/2020: Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

- No cases have been reported in Mississippi at this time (CDC, March 5, 2020)
- COVID-19 symptoms are similar to those of influenza
- Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing:

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, see next section “**Responding to Viruses in Schools**”

Additional Coronavirus Resources:

MSDH Coronavirus page

https://msdh.ms.gov/msdhsite/_static/14,0,420.html

CDC Coronavirus Situation Summary

<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

CDC Coronavirus Cases in the U.S.

<https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>

CDC Coronavirus FAQs

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

CDC What to Do If You Are Sick with Coronavirus Disease

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

Contact Information

Mississippi State Department of Health

- Toll-free: 1-866-HLTHY4U (866-458-4948)
- Public Health Emergencies: 601-576-7400
- <http://msdh.ms.gov/>
- Mississippi Coronavirus Hotline (8 a.m. – 5 p.m., Monday through Friday):
877-978-6453

Mississippi Department of Education

- Safe and Orderly Schools 601-359-1028
<https://www.mdek12.org/OSOS/Home>
- Healthy Schools 601-359-1737
<https://www.mdek12.org/OHS>

Responding to Viruses in Schools

As with many illnesses the onset of fever may be the first indication of illness, along with coughing, sneezing, runny nose, muscle aches. The more serious cases can experience complicated respiratory symptoms especially in children with asthma.

CDC K-12 and Childcare Seasonal Flu Video

<https://youtu.be/8msgeGjI3xU>

CDC Guidance for Flu Prevention for Schools & Childcare

<https://www.cdc.gov/nonpharmaceutical-interventions/school/index.html>

CDC Guidance for Flu Prevention for Parents

<https://www.cdc.gov/nonpharmaceutical-interventions/school/parents-childcare-k-12-students.html>

CDC How to Clean and Disinfect Schools to Help Slow the Spread of Flu:

<https://www.cdc.gov/flu/school/cleaning.htm>

School response:

- a. Have current individual Student Asthma Plans readily accessible
- b. Provide hand washing instructions for teachers and students
- c. Have soap, water, and paper towels available for hand washing
- d. Make hand sanitizer readily available
- e. Implement standard cleaning precautions according to CDC guidelines
- f. Provide disinfectant wipes for surfaces such as keyboards
- g. Separate ill students/staff and make appropriate medical referral
- h. Follow CDC guidelines on cleaning and disposal of items soiled with bodily fluids from a person suspected of illness.
- i. Engage school crisis management plan if necessary

Additional Resources

Health in Action Lesson Plans Dealing with Communicable Diseases:

<http://lessonplans.movetolearnms.org/Search.aspx>

Note: Even though these lessons are identified by grade level, a teacher can use the ideas and the information presented at any grade level that they feel is appropriate.

Grades K-2:

- My Hands are Clean (this lesson utilizes United Streaming)
<https://lessonplans.movetolearnms.org/Detail.aspx?id=35184735-16bc-4225-ba42-1bde7d66a7d0>
- Keeping the Flu Away
<https://lessonplans.movetolearnms.org/Detail.aspx?id=c2d63b99-4d5b-4180-8f86-e23b84d5d110>
- Safety and Medicines
<https://lessonplans.movetolearnms.org/Detail.aspx?id=5e142264-cfc5-41bb-b6e7-b476ad3ad9a3>
- Immunizations
<https://lessonplans.movetolearnms.org/Detail.aspx?id=c3936a31-1fbc-44f9-8b42-204dfec5632>
- Mr. Germ Head
<https://lessonplans.movetolearnms.org/Detail.aspx?id=555c3328-0ea5-497e-8089-ad224e3f82d9>

Grades 3-5:

- Do I Have to Wash My Hands?
<https://lessonplans.movetolearnms.org/Detail.aspx?id=00c0d186-cfe0-4a29-b440-9b87389e3287>

Grades 6-8:

- Don't be Sick
<https://lessonplans.movetolearnms.org/Detail.aspx?id=33599ce8-c5c1-4046-9b21-fb567d9ccb87>
- Doctor, Doctor
<https://lessonplans.movetolearnms.org/Detail.aspx?id=5c8f57c0-7702-4f38-a135-1f8a975ca0ae>

Additional Resources, Continued

Grades 9-12:

- And you are.....
<https://lessonplans.movetolearnms.org/Detail.aspx?id=bedef997-5f45-4a6f-a6f0-37459bc39cd9>
- Clean Hands Are Happy Hands
<https://lessonplans.movetolearnms.org/Detail.aspx?id=7c18d428-7356-4805-8b1c-2bd48b9843a0>

INDEX OF RESOURCE ITEMS TO ACCOMPANY THIS WELLNESS POLICY

Policy on Competitive Foods and Extra Food Sales

No food is to be sold on campus for one hour before breakfast or one hour before lunch and until the end of either serving period. Vending machines shall remain locked or be rendered inoperable during this time period. Any food may be sold after breakfast, until one hour before lunch, and any time after the end of the last lunch period.

Child Nutrition Services shall sell only those foods that are components of the approved Federal meal patterns being served (or milk products). With the exception of milk products and water, a student may purchase individual components of the meal only if the full meal is being served. After the full meal has been served, a student may purchase individual components or milk products as extra food sales. A food must be a component of the meal pattern to be sold extra.

Examples are as follows:

- Orange juice is a component and can be sold extra.
 - Hamburger is a component and can be sold extra.
 - Any fruit or vegetable is a component and can be sold extra.
 - A dessert that qualifies under the fruit or bread/grain requirement as a component can be sold extra; the dessert that doesn't qualify as a fruit or bread/grain component cannot be sold extra.
 - Ice cream is a milk product. Is it not a component but is exempt and can be sold extra.
- Students who bring lunches can purchase only milk, ice cream and water.

The state policy is a minimum requirement. A local school board may adopt a more restrictive policy. "Offer vs. serve" is enacted in all of the Houston Schools. "Offer vs. serve" is allowing the student to select any three of the five food items required at lunch. Students must choose a minimum of three; but can choose four or all five of the meal items offered for their lunch to be reimbursable. Students must select a fruit or vegetable as one of their three, four or five components at lunch and must select a fruit component with breakfast.

A student may be permitted to take milk even if he has also chosen the juice. Any menus posted or published by a school must accurately reflect this.

SMART SNACKS IN SCHOOL

USDA's "All Foods Sold in Schools" Standards

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- Any food sold in schools must:
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value(DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

- Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack Items: ≤ 200 calories
 - Entrée Items: ≤ 350 calories
 - Sodium Limits:
 - Snack Items: ≤ 230 mg
 - Entrée Items: ≤ 480 mg
 - Fat Limits:
 - Total Fat: ≤35% of calories
 - Saturated Fat: < 10% of calories
 - Trans Fat: zero grams
 - Sugar Limit:
 - ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk

- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion limit for plain water.
- Beyond this, the standards allow additional “no calorie” beverage options for high school students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
- Other Requirements
 - Fundraisers
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
 - Accompaniments
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

2015-2020 Dietary Guidelines for Americans

The Guidelines

- 1. Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, Support nutrient adequacy, and reduce the risk of chronic disease.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Key Recommendations

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups – dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and up to two drinks per day for men – and only by adults of legal drinking age

In tandem with the recommendations above, Americans of all ages – children, adolescents, adults, and older adults – should meet the *Physical Activity Guideline for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to:

- Meet the *Physical Activity Guidelines for Americans*
 - Adults need:
 - At least 150 minutes of moderate intensity physical activity per week
 - Muscle-strengthening exercises on 2 or more days each week.
 - Children age 6 to 17 need:
 - At least 60 minutes of physical activity per day, including aerobic, muscle-strengthening and bone-strengthening activities.

ALTERNATIVE NON-FOOD REWARD IDEAS

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives to offering food as a reward to individual students or entire classes.

Read a book.
Sit by friends.
Read outdoors.
Teach the class.
Have extra art time.
Enjoy class outdoors.
Have an extra recess.
Play a computer game.
Read to a younger class.
Get a no homework pass.
Sing a silly song together.
Make deliveries to the office.
Listen to music while working.
Play a favorite game or puzzle.
Earn play money for privileges.
Walk with a teacher or principal.
Eat lunch outdoors with the class.
Be a helper in another classroom.
Eat lunch with a teacher or principal.
Start and maintain a vegetable garden.
Dance to favorite music in the classroom.
Get a “free choice” time at the end of the day.
Listen with a headset to a book on audiotape.
Have a teacher perform special skills (i.e. sing).
Be first in line when the class leaves the room.
Have a teacher read a special book to the class.
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc).

HEALTHY SCHOOL PARTIES

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in school to support lessons in the classroom regarding nutrition and physical activity. What better venue than schools which have a great impact on children to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

SNACK IDEAS FOR SCHOOL AND CLASSROOM PARTIES

The food offered at school parties should add to the fun but try to avoid making them the main focus. Schools are responsible for helping students learn about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words, so lead by example.

- Fresh fruit and vegetables
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetables with low-fat dip
- Trail mix, nuts, and seeds*
- Graham crackers, animal crackers, whole grain/low-fat crackers
- Jell-o (sugar-free, pre-packaged) pudding
- Baked chips, low-fat popcorn
- Granola bars/cereal bars*
- Applesauce fruit cups, (pre-packaged)

- Soft pretzels and mustard, string cheese
- Milk, low-fat or fat-free, flavored or regular

*May be allergens and/or choking risk for some people.

ALTERNATIVE HEALTHY FUNDRAISING IDEAS

Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

- Fresh and exotic fruit, like cases of citrus fruit
- High quality potatoes, onions, or other produce items
- Nuts and trail mix
- Popcorn

Schools are also selling an ever-expanding variety of non-food items such as:

- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles of gift baskets
- Plants and flowers
- School spirit items

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- Car washes
- Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
- Family game nights
- “Hire a student day” for odd jobs (with proceeds going to the school)
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows

PHYSICAL ACTIVITY RESOURCES

American Alliance for Health, Physical Education, Recreation, and Dance

<http://www.aahperd.org/>

The latest resources for health, physical activity, recreation, and dance professionals, including presentations from February 2005 conference on relationship of physical activity in relationship to *No Child Left Behind*.

California Dept. of Education: Academic Achievement and Physical Fitness

www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national activity campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*

Montana Team Nutrition Resources

www.opi.state.mt.us/

Search on-site for PDF of physical activity resources from Big Sky country, including *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*.

PE4life

<http://pe4life.org/>

This organization inspires active, healthy living by advancing the development of quality, daily physical education programs for all children. The site features a free newsletter and action kit, as well as information about PEP grants and National PE Day.

President's Challenge – You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for American of ALL ages. Site offers activity logs for kids, teens, and adults (you can register your whole school), as well as cool online tools and ways to win awards for activity.

Take 10!

www.take10.net

Take 10 is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.