

WELLNESS POLICY AND PROCEDURES

The link among nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for scholars to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. These patterns are also linked to a reduced risk for many chronic diseases.

The Board of Trustees is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To accomplish these goals, the Board of Trustees sets forth the following components of its wellness policy:

Component One. The primary goal of nutrition education is to influence scholars' eating habits. The District will integrate nutrition education into classrooms as often as possible by using the Health in Action: A Strategic Implementation Guide, which is a set of lesson plans and activities provided by the Mississippi Department of Education, Office of Healthy Schools, and Mississippi State Department of Health.

The cafeteria will serve as a learning laboratory to allow scholars to apply content knowledge and critical thinking skills taught in the classroom. Scholars will receive consistent nutrition messages in the school, classroom, and cafeteria. The District will also share nutrition education information with families and the broader community in an effort to positively impact scholars and the health of the community. Families and school staff will be **encouraged** to participate in school meal programs and **encouraged** to teach children about nutrition and to provide healthy food options at home. The District will ensure that all teachers and staff receive professional development training.

The District will continue to follow state board of education policies on competitive foods and extra food sales. The District will also establish guidelines for foods that are available during the school day with the objective of promoting scholar health and reducing obesity in children.

Component Two. Standard 33 of the Mississippi Public School Accountability Standards requires physical education to be a part of the basic curriculum. The District will provide structured physical education, health education, and physical activity and fitness classes for all scholars, as defined in the Mississippi Healthy Scholars Act. (Miss. Code Section 37-13-134, as amended)

Kindergarten through Grade 8: One hundred fifty (150) minutes per week of physical activity-based instruction and forty-five (45) minutes per week of health education instruction, as defined by the State Board of Education.

Grades 9 through 12: ½ Carnegie unit requirement in physical education or physical activity for graduation.

All vending machines in the District will comply with the standards adopted by the Department of Education regarding vending regulations for Mississippi schools.

The District will continue to operate child nutrition programs with qualified, professional school foodservice staff. Food safety is a key component of school food operations.

Component Four. It is necessary and important to set goals for other school-based activities designed to promote scholar wellness. Professional development for food service staff in the areas of nutrition, food safety, food preparation and other related areas shall be on-going. Scholars shall have access to physical activity facilities with appropriate supervision which includes but is not limited to existing after-school sports programs in the local schools. Information will be provided to the school community, including parents, scholars, staff, teachers, and community members, that promotes healthy lifestyles.

The Board of Trustees is committed to implementation of the wellness policy. Parents, District employees, and community persons served on the committee to develop and implement the wellness policy. The Superintendent or his designee shall be responsible for ensuring that the wellness policy is implemented in accordance with the policy and procedures. Upon the recommendation of the Superintendent and in accordance with state law, the Board will establish and support a l

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The Board of Trustees is committed to providing an environment where scholars possess the knowledge and skills necessary to make nutritious food selections and enjoyable physical activities for a lifetime. The board establishes commitments to the components in the wellness policy. These procedures are to be implemented in conjunction with the policy.

Component One: The primary goal of nutrition education is to influence scholars' eating habits. The 2013-2014 Mississippi Comprehensive Health Framework will be used to ensure that all scholars gain information to develop positive attitudes and behaviors to make health-enhancing choices that are both age and developmentally appropriate with the ability to apply lifelong responsible skills.

Component Two: Setting physical activity goals is important. Professional development will be provided to content area teachers in the practice of integrating physical activities in planning and delivery processes.

Duties of the Local School Health Council The local school health council's duties shall include, but not be limited to the following:

- Recommend age-appropriate curriculum and the number of hours of instruction to be provided in health and physical activity-based education, provided that the number of hours shall not be less than that required by Section 37-14-134.
- Recommend appropriate practices that include a coordinated approach to school health designed to prevent obesity, cardiovascular disease, Type II diabetes and other health risks.
- Provide guidance on the development and implementation

space and serving areas for access to meals with a minimum wait time. Staff will promote scholar participation in organized physical activity. Staff will provide scholar access to physical activity facilities with appropriate supervision to secondary scholars. Elementary counselors will provide research-based curriculum to promote healthy lifestyles. Staff will provide on-going professional development for food service staff in the areas of nutrition, food safety, food preparation and related areas. Staff will collaborate with school nurses to prevent any duplication on educating our children about healthy lifestyles.

SOURCE: Jackson Public School District, Jackson, Mississippi

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AMENDED: