Wellness Policy
Our Lady of Fatima School

The "new" ten-component model developed by the Centers for Disease Control and Prevention, – **Whole School, Whole Community, Whole Child**, provides school health councils the opportunity to focus on health issues and to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.

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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 of Our Lady of Fatima School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members of Our Lady of Fatima Elementary 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, Our Lady of Fatima School 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

Minimum requirements:
Our Lady of Fatima School will:

- **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (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 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 www.mde.k12.ms.us/ohs/home)**
- **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/**

Food Safe Schools

- **Implement a food safety program based on 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.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 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 www.mde.k12.ms.us/ohs/home .**
- **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 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

Minimum requirements:

Our Lady of Fatima School will:

- **Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference –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).**
- **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 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.misshsaa.com/GeneralInfo/SportsMedicine.aspx
http://www.mde.k12.ms.us/ohs/home

Physical Environment

Minimum requirements:

Our Lady of Fatima School will:

- **Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.**
- **Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).**
- **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.**

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