

**New Albany School District's
2024-2025 Wellness Policy
for
New Albany Elementary School
New Albany Middle School
New Albany High School**



Office of Healthy Schools



As of the 2015-2016 school year, the school wellness policy utilizes the ten-component coordinated school health model developed by the Centers for Disease Control and Prevention, – **Whole School, Whole Community, Whole Child**. This model 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.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



New Albany School District Wellness Policy

The New Albany School Board affirms its commitment to providing a healthy environment for students and staff. The Board directs the superintendent to coordinate the components of the district's wellness policy. The wellness policy shall be developed with the involvement of the school health council. This wellness policy shall be reviewed and approved by the school board annually.

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 the New Albany School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in the New Albany School District 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 New Albany 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. In determining these goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, the School Health Councils of the New Albany School District will review for evidenced-based strategies.

Nutrition Environment and Services

Minimum requirements:

The New Albany 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 (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.** (NASD maintains a large breakfast participation percentage.)
- **Promote participation in school meal programs to families and staff.** (Accomplished through daily menu announcements, monthly menus accessible to students, monthly school website postings of menus and nutritional content of foods.)
- **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 guide 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 standards for all foods and beverages provided but not sold to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).** Decrease and work toward the elimination of concentrated sweets such as cupcakes, candy, and sugary drinks from school holiday parties as well as birthday snacks that are brought/sent by parents throughout the year. Encourage alternative creative healthy snacks for parties and more class games to increase activity. No home-baked goods from outside the school. Foods for students brought in for classroom parties/activities must be prepared in the school cafeteria or source packaged in a sealed container with a food ingredient label. This is a preventative safety measure for students with food allergies.
- **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.**
 - <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

- Smart Snacks Product Calculator - <https://foodplanner.healthiergeneration.org/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/>

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 have 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 <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, as well as the public) will have easy access to the district's wellness policy as posted on the school website.
- 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. (This is accomplished within all New Albany School District schools through the cafeteria computer system listing all student information on file and accessible. This pertinent information is gathered from parents, physician notes, and the Student Health Information parents complete with online registration annually.)

Additional Goals:

- 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.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. All NASD school campus cafeterias have been or are being renovated to reflect a more inviting age-appropriate meal setting.

- Replace deep fat fryers with combination oven steamers. (Completed)
- Provide nutrition information for parents through the school website, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Reduce, with the efforts increasing to eliminate use of foods as rewards for student accomplishment and eliminate withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems).

Physical Education/Physical Activity

Minimum requirements:

The New Albany Schools 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.**
- **Kindergarten Requirements for Physical Activity - Children shall engage in physical activity for a minimum of 30 minutes and a maximum of 60 minutes during a full-day program. The minutes assigned to physical activity do not have to occur continuously. Weather permitting, physical activity takes place outside. Outdoor play experiences will occur unless a weather advisory is in effect or the play space is unsafe due to damp or wet conditions. If outdoor play is not possible per one or more of these conditions, teachers provide 30 minutes of indoor physical activity documented in lesson plans. (2018 Kindergarten Guidelines).**
- **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.** Examples are: Fitness Gram® www.fitnessgram.net or Presidential Youth Fitness Program <https://pyfp.org/>
- **Require fitness testing for middle/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)**

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

Additional Goals:

- Incorporate 5 to 10 minute physical activity sessions into elementary classrooms to teach subject areas and to make transitions between different lessons (Examples can be found movetolearnms.org)
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess/break times.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. (Example: BNA Park team sports, school sports after-school activity camps)

Health Education

Minimum requirements:

The New Albany Schools 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 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) *Beginning 2023/2024 school year the ½ Carnegie Unit for health education will be earned by 8th grade students at middle school. Students at the high school level will continue to be taught the CPR & AED skills in an organized manner assuring that all students are taught these skills.**

Additional Goals:

- Emphasize the disease prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.
- Integrate Health Education into other subject areas utilizing the “Health in Action” resources available on the Move to Learn Mississippi website movetolearnms.org
- Provide Universal Precautions training information to all employees and ensure that supplies are easily accessible.
- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected materials approved by the district.
- Continue collaboration with Baptist Memorial Hospital-Union County in the annual Back-to-School Health Fair for students ages infant through grade 6 and their families.

Health Services

Minimum requirements:

The New Albany Schools will:

- **Ensure all school nurses are working under the guidelines of the 2018 *Mississippi School Nurse Procedures and Standards of Care – Revised October 2019*.**
- **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)**

Additional Goals:

- The school nurse should attend at least one MDE sponsored training each school year.
- The school nurse should submit health services data on the 10th of each month for the previous month.
- Offer comprehensive health services for students in grades PreK-12, through the employment of school nurses, as a means to academic success.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 (or less) 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 organization meetings, open houses, health fairs, teacher/staff educational opportunities, and other school events).
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach. (Central Office)
- Schools may seek community support that provides auto-injector epinephrine maintain stock for

emergency medication needs.

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

The New Albany Schools will:

- **Adhere to the details outlined in the Licensure Guidelines (436 or 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.**
- **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.**
- **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, and every two years for all employees. 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**

Additional Goals:

- Provide additional services to improve students' mental, emotional, and social health. (Ex: Referrals to LifeCore Mental Health therapists who are housed in all main school buildings.)
- 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.
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach. (Central Office)

Family Engagement and Community Involvement

Minimum requirements:

The New Albany Schools will:

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**
- **Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP.** (Local School Wellness Policy is posted on school website after School Board approval.)

Additional Goals:

- Invite family or community members to eat a meal at school
- Invite family members to tour schools and physical education facilities through “Meet the Teacher” nights at elementary and middle schools when school restarts in the fall and “Open House” events on all campuses held toward the end of the first semester.
- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.
- Use the Family and Community Involvement Packet documents to promote health and wellness among families and communities –<http://www.mdek12.org/OHS/FCS> - Click on Resources
 - Maintain Shared Use Agreements with New Haven School to use our physical education facility and with Boys’ and Girls’ Club to utilize supplies and equipment placed for use at the Boys’ and Girls’ Club. Use the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement <http://www.mdek12.org/OHS> - Can be found under “What’s New”
- Involve families as volunteers by taking advantage of their time, experience, and resources.
- Encourage families and students to participate in health education learning activities at home, 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.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

The New Albany School District will:

Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit. www.MyActiveHealth.com/Mississippi

Additional Goals:

- 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. Example: Wondr (formerly Naturally Slim), in-school challenges and incentives.
- Maintain a Staff Fitness Center at each school site.
- Encourage after school health and fitness sessions for school staff.
- Develop relationships with community health providers (e.g., local health department, hospital, 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 Staff Wellness events and activities with state and national health observances throughout the year. Ex: Breast Cancer Awareness in October, Healthy Heart Awareness in February, etc.
- Offer a vaccination program to include annual Flu vaccines, and Tdap (need as determined) to all employees and their family members who are covered through the state health insurance plan. The district provides Flu vaccines free of charge for those employees who are not covered by the health insurance.
- Support for Breastfeeding Employees – This policy is modeled from the Mississippi Department of Education's employee policy.

In recognition of the well documented advantages of breastfeeding for infants and mothers, New Albany Schools provides a supportive environment to enable breastfeeding employees to express milk during work hours. Breastfeeding employees who choose to continue providing their milk for their infants after returning to work will:

- *Be allowed to breastfeed or express milk during work hours using their normal breaks and meal times if not supervising students. Any time that may be needed beyond this usual break times, employees may use personal day time or may make up the time as negotiated with their administrator.*
- *Have access to a designated location to express milk. A private area will be designated as the lactation room. It will be secure and sanitary with access to power for electric pump as well as sink with running water nearby.*
- *Be responsible for storage of the milk in personal cooler or department refrigerator if*

available. If stored in refrigerator it is the employee's responsibility to label and secure to avoid accidental use or contamination.

Marketing a Healthy School Environment

Minimum requirements:

- **Eliminate advertising or promoting unhealthy food choices on the school campus. Advertising must be restricted to only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.**

Goals:

The New Albany Schools will:

- Provide positive, consistent, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel should help reinforce these positive messages.
- Promote 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, parent organization meetings, open house events, health fairs, teacher in-services, and other events).
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share student and school district successes through local media outlets and school website.

Implementation

Minimum requirements:

The New Albany Schools will:

- **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. The New Albany School District designates each campus principal/director in collaboration with the school nurse for this purpose.**
- **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.**

Additional Resource:

- 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 <http://www.mdek12.org/OHS> - Click on Resources

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