

MISSISSIPPI SCHOOL FOR THE DEAF

H. Approval of the Mississippi School for the Deaf School Wellness Policy

Mississippi School for the Deaf
1253 Eastover Drive
Jackson, MS 39211

2008-2009
Wellness Policy

Approved by State Board of Education

___/___/08

School Wellness Policy

Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal:

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

To meet this goal, the Mississippi School for the Deaf adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

The Mississippi School for the Deaf 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.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.

- Follow State Board of Education policies on competitive foods and extra food sales
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- 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.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- 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).
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged (or prohibited).
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Commitment to Physical Activity

The Mississippi School for the Deaf will:

- Provide physical education for all students
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the 2006 Mississippi Physical Education Framework.
- Schedule recess before lunch times and after lunch time in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Incorporate 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.).
- Participate in a yearly fitness program (e.g.,Jump for Heart).

- Establish or enhance physical activity opportunities: (like walking clubs or fitness challenges) for staff and /or parents.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- 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.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Comprehensive Health Education

The Mississippi School for the Deaf will:

- Provide ½ Carnegie unit of comprehensive health education for graduation.
- Implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12.
- Offer comprehensive health education in grades K-8 (2006 Mississippi Comprehensive Health Framework).
- Implement the nutrition strand of 2006 Mississippi Comprehensive Health Framework.
- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.
- Participate in USDA nutrition programs such as Team Nutrition Schools and the Healthier US School Challenge. 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.

Commitment to Marketing a Healthy School Environment

The Mississippi School for the Deaf will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g.,

school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).

- Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.
- Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.

Commitment to Implementation

The Mississippi School for the Deaf 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.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

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School Wellness Policy Evaluation Component

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

Mississippi School for the Deaf

Standard	Rating
1. Offered a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.	_____
2. Offered school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.	_____
3. Encouraged school staff and families to participate in school meal programs.	_____
4. Operated all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards.	_____
5. Established food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.	_____
6. Followed State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).	_____
7. Established guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.	_____
8. Provided adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).	_____
9. Encouraged students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.	_____

10. Established 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. _____
11. Made school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites. _____
12. Added nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concessions stand at sporting and academic events, parties, celebrations, social events, and other school functions. _____
13. Eliminated 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). _____
14. Encouraged all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged (or prohibited). _____
15. Provided nutrition information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home. _____
16. Provided physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33.). _____
17. Offered a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment. _____
18. Implemented the 2006 Mississippi Physical Education Framework. _____
19. Scheduled recess before lunch times and after lunch time in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. _____

- 20. Incorporated 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.). _____

- 21. Participated in a yearly fitness program (e.g.,Jump for Heart). _____

- 22. Established or enhanced physical activity opportunities: (like walking clubs or fitness challenges) for staff and /or parents. _____

- 23. Provided staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times. _____

- 24. Encouraged 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. _____

- 25. Collaborated with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. _____

- 26. Created wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics. _____

This evaluation will be completed by June 1, annually. It will be the responsible of the Chair of the School Health Council or designee to complete the evaluation and file a copy in the superintendent's office.