

**District: West Point Consolidated School District**  
**Section: J - Students**  
**Policy Code: JG - School Wellness Policy**

### **SCHOOL WELLNESS POLICY**

The West Point Consolidated 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 district's "Healthy and Fit School Advisory Committee" with representation from the local school board, school administrators, school food service personnel, students, parents and the public.

As required under Section 204 of Public Law 108-265, at a minimum, the wellness policy will

1. Include goals for nutrition education, physical education and other school-based activities that are designed to promote student wellness in a manner that the local school district determines is appropriate;
2. Include nutrition guidelines selected by the school district for all foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing childhood obesity;
3. Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U. S. Secretary of Agriculture, as applicable to schools; and
4. Establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the district at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the district's wellness policy.

NOTE: Please refer to the Mississippi Local School Wellness Policy - Guide for Development, available from the Mississippi Department of Education at their Web Site:  
<http://www.mde.k12.ms.us/HealthySchools/Initiatives.html>

The Mississippi Public School Accountability Standard for this policy is standard 31.

CROSS REF.: Policies ICI - Health and Physical Education  
JGC - Student Health Services

LEGAL CODE: Section 204 of Public Law 108-265 (2004); MS Code § 37-13-134

## **SCHOOL WELLNESS PROGRAM**

### **SECTION I**

**Rational:** 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 in the West Point Consolidated School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the West Point Consolidated School District is encouraged to model healthful eating and physical activity as a valuable part of daily life. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. The use of food and/or physical activity used as a reward or punishment is discouraged.

To meet this goal, the West Point Consolidated School District 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.

### **SECTION II**

#### **Commitment to Nutrition:**

The West Point Consolidated 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.
- Encourage school staff and families to participate in school meal programs
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E).

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- 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.
- Encourage students to make food choices based on the 2010 Dietary Guidelines for Americans, by emphasizing menu options that feature baked, whole grains, fresh fruits, vegetables and reduced fat dairy products.
- Follow West Point Consolidated School District policy on competitive foods and extra food sales (West Point Consolidated School District, policy EEAD).
- 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.
- Require all foods offered to students through sale, service, class or club parties to be purchased and delivered in a pre-sealed and labeled container. Container labels shall identify where and when the product was produced with expiration dates for the product. No home-prepared foods will be served to any WPCSD students. (This does not include lunches sent from home for personal student consumption.)
- Foods offered for sale on school grounds, during the regular and extended school day, should meet the following per portion standards:
  - <200 calories
  - <35% total calories for fat
  - <35% calories from total sugars
  - <10% of calories from saturated fats
  - Zero trans fat
  - <200 mg sodium
- The district may, at the discretion of the Superintendent, establish no more than two (2) days during the school year that allow students to be served foods, through sale, service, class or club parties that do not adhere to the guidelines noted above. Prior written approval must be obtained from the office of the Superintendent for these events.

### **Commitment to Physical Activity**

The West Point Consolidated School District will:

- Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, annotated, Mississippi Public Schools Accountability Standards).
- 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 or physical education before lunch times 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.).

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- Participate in a yearly fitness test for students (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

### **Commitment to Comprehensive Health Education**

The West Point Consolidated School District will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (Mississippi Public School Accountability Standards).
- Implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the nutrition standard 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 food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.

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### **Commitment to Marketing a Healthy School Environment**

The West Point Consolidated School District 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.

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### Commitment to Implementation

The West Point Consolidated School District will:

- Add the evaluation of the school wellness policy implemented as written to the yearly evaluation of the principals.
- 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 with recommendations for any revisions to the policy as necessary.

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Adopted Date: 8/10/2015

Approved/Revised Date: