

2019-20

Jefferson County School District
Fayette, Mississippi



Dr. Adrian Hammitte
Superintendent of Education

- *Jefferson County Elementary School*
- *Jefferson County Upper Elementary School*
- *Jefferson County Junior High School*
- *Jefferson County High School*

Wellness Policy

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.



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WELLNESS POLICY

2019-2020

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OUR MISSION

The mission of the Jefferson County School District (JCSD) is to provide an educational climate where all students have an opportunity to achieve academic success, develop physical and emotional well-being, and become productive and responsible citizens with a setting that is safe and secure.

JCSD believes . . .

- ▶ Students and parents are the primary customers of our schools.
- ▶ Parents, students, schools, and the community are joined in a partnership of mutual respect.
- ▶ Students deserve quality work that is engaging, challenging, and satisfying.
- ▶ Schools, in partnership with a supportive community, must provide a safe learning environment.
- ▶ Students deserve teachers, administrators, and support staff that are caring, competent, and knowledgeable.
- ▶ Our success will be mirrored in the success and growth of our community.



Wellness Advisory Council

The JCSD Wellness Policy was designed by a cross-section of administrators, teachers, nurses, staff, community leaders, and parents.

- ▶ DR. ADRIAN HAMMITTE, Superintendent of Education
- ▶ DELORIES TURNER, Food Service Director
- ▶ LAKOTRA ANDERSON, Food Service Secretary

Principals

- ▶ LARONDRIAL BARNES, Elementary
- ▶ SANDRA OLIVER, Upper Elementary
- ▶ L. FAYE BROWN, Junior High
- ▶ DAVID DAY, High School
- ▶ CURTIS SMITH, Vocational Education

Cafeteria Managers

- ▶ SONDRA SMITH, South Campus
- ▶ EARLENE STAMPLEY, North Campus

Medical

- ▶ CRYSTAL COOK, South Campus
- ▶ APRIL D. MCMILLER, South Campus
- ▶ JERMONIQUE KING, North Campus
- ▶ KENDRA WILLIAMS, North Campus

Physical Education Teachers

- ▶ SHIRLEY WALKER, JCE
- ▶ BENTA' THOMAS, UE
- ▶ TANGELA WATSON, JH
- ▶ FLORA MCKNIGHT, HS

Classroom Teacher

- ▶ RUTH FELTON, UE
- ▶ BRENT GREEN, JH
- ▶ SHALONDA BRINKLEY, HS

Students

- ▶ JAYLA JACKSON, Miss JCES
- ▶ JAVEN HUTCHERSON, Mr. JCES
- ▶ DAISHA CARTER, Miss JCUES
- ▶ KELDRICK WILSON, Mr. JCUES
- ▶ GABRELLE BAILEY, Miss JCJH
- ▶ COREY ELLIS, Mr. JCJH
- ▶ KYRA DOSS, Miss JCHS
- ▶ JAKOBI WALKER, Mr. JCHS

PTSA/Parent/Parent Coordinator

- ▶ LASHEKA EANOCHS, Coordinator - JCE
- ▶ REV. TRACY COLLINS, Parent
- ▶ BERNICE MIMS, Parent

Community

GEORGE DIXON
BARNEY RANKIN, SR.
SHERLEY WYATT

Jefferson County School District Wellness Policy

Rationale:

The link between the health of students and learning has been well documented. If students are tired, hungry, sick, suffering from drug abuse or worried about their safety at school, they probably will not be successful in school. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, etc. can adversely affect not only a child's health, but also his or her ability to learn. A coordinated approach to school health helps address some of these issues. When families, schools, and communities work together to reinforce positive healthy behaviors students will learn the importance of healthy habits. Their health and capacity to learn improves as they learn that good health and learning go hand in hand. A coordinated approach to student health helps ensure that students develop healthy habits early in life and remain healthy throughout their lives. 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 Jefferson County School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in the Jefferson County School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Jefferson County School District adopts this school wellness policy to be implemented in a safe and drug-free school environment 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 Jefferson County 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.
- 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 17.1).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 17.2).
- 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 Rule 38.11),
 - 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 Nutrition Breakfast and Lunch Programs;
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
- Establish guidelines in accordance with the USDA Smart Snacks in Schools for all foods 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/healthierschool/day/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/>

Commitment to Food Safe Schools

Minimum requirements:

The Jefferson County Public School District will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site. 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 school.
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been 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 include food safety policies and procedures 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.
- 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.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and ChooseMyPlate 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.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home via website.
- 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). Also, do not use any type of physical activity as a means of punishment.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The Jefferson County School District 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 Rule 38.12).
- 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 Rule 38.12).
- 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 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- 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. MS Code 37-13-134.
- 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.
- 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/healthy-schools>.

Commitment to Comprehensive Health Education

Minimum requirements:

The Jefferson County Public School District will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standards).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 Mississippi Public School Accountability Standards.
- 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 or abstinence-plus curricula. 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.

Commitment to Physical Environment

Minimum requirements:

The Jefferson County School District 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; and Rule 81.4, 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 Rule 81.3).
- 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 Rule 81.4)
- 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).

- 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-orderlyschools/schoolsafety> .
 - State Board Policy prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 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. Code §97-32-29 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.
- Conduct self-assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildings-and-grounds>.
- Conduct self-assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #29 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/pupil-transportation>.
- Conduct self-assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30.1 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildingsand-grounds>.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems <http://www.epa.gov/cleanschoolbus>.
- Install locks on classroom doors in order to create security from the inside.
- Hire a District Safety Officer or a School Resource Officer.
- Utilize best practices for the use of pesticides and Integrated Pest Management (IPM) in school buildings and on school grounds; IPM Institute of North America – www.ipminstitute.org.
- Install exhaust fans in restrooms to eliminate odors.

Commitment to Health Services

Minimum requirements:

The Jefferson County Public School District will:

- Ensure all school nurses are working under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.
- 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).
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

Commitment to Providing Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

The Jefferson County Public School District 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
- 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 within the scope of practice.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
 - 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 outline by the American School Counselor Association.

Commitment to Family and Community Involvement

Minimum requirements:

The Jefferson County Public School District will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite family or community members to eat a meal at school.
- Schedule school health/wellness/career fairs and invite parents and the public to attend.

Commitment to Implementing Employee Wellness

The Jefferson County Public School District will:

- Make as a Requirement that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My 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.

Commitment to Marketing a Healthy School Environment

The Jefferson County Public School District will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, school website, Facebook, text messaging and other social media to promote health messages to students and families.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.

Commitment to Implementation

Minimum requirements:

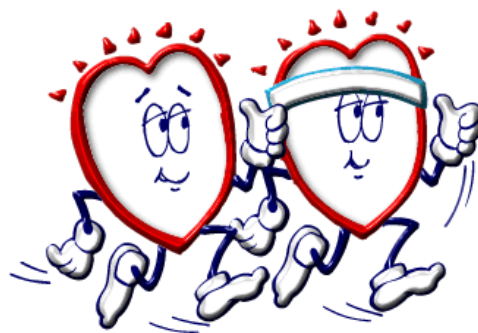
The Jefferson County Public School District will:

- 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 (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.

USDA Non-Discrimination Statement

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of the Assistant Secretary for Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD).



This institution is an equal opportunity provider.

APPENDIX A

COMPETITIVE FOODS POLICY

The school environment is one of several settings that can influence children's food choices and eating habits. Schools can ensure that the available food and beverage options are healthy and help young people eat food that meets dietary recommendations for fruits, vegetables, whole grains, and nonfat or low-fat dairy products.

What Are Competitive Foods?

As required by the Healthy, Hunger-Free Kids Act of 2010, the United State Department of Agriculture has issued new "Smart Snacks in School" nutrition standards for competitive foods and beverages sold outside of the federal reimbursable school meals program during the school day. These standards set limits on calories, salt, sugar, and fat in foods and beverages and promotes snack foods that have whole grains, low fat dairy, fruits, vegetables or protein foods as their main ingredients. These standards are the minimum requirement for schools. States and local education agencies can continue to implement stronger nutrition standards for all competitive foods in schools.

The Jefferson County School Districts shall comply with the Mississippi Board of Education Policy on competitive food sales as outlined in the Mississippi Board of Education Policies.

- No food item shall be sold on the school campus for one (1) hour prior to or during any meal service period (breakfast and lunch).
- The Child Nutrition Department shall serve only those foods which are components of the approved federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirements of the age group being served.
- With the exception of milk products and water, a student shall purchase individual components of the meal only if the meal unit is being purchased.
- Students who bring a lunch from home shall purchase milk products and water only.
- Students shall not bring carbonated beverages into the cafeteria without prior approval from Food Service Manager, Director and/or Principal.
- Competitive food items shall not be sold or delivered to the school campus during normal school hours except if approved by the Principal and the Child Nutrition Director.

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

APPENDIX B

NUTRITION STANDARDS FOR FOOD AND BEVERAGES SOLD ON CAMPUS

Nutrition Standards Intent/Rationale:

The Jefferson County School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds.

Food:

- Encourage the consumption of nutrient dense foods, i.e., WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Food items for sale in individual packages shall not exceed 200 calories per package.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of mono-unsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report.

Beverages:

- ONLY reduced-fat milks (including flavored milk), water, and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold in Child Nutrition Programs.
- Student access to vending beverages will be as follows:
 - Elementary Schools – Bottled Water
 - Middle School - Bottled Water and 100% Juice
 - High School - Bottled Water, 100% Juice, Sports Drinks, Light Juices and Zero or Low Calorie options.

Candy:

- Candy is defined as any processed food item that has: Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup), is listed as one of the first two ingredients and sugar is more than 25% of the item by weight.
- Sales of candy will not be permitted on school grounds during regular school hours.



APPENDIX C

NUTRITION STANDARDS FOR VENDING

Mississippi Department of Education

Child Nutrition Rule 17.10 Smart Snacks Standards for All Foods and Beverages Sold in Mississippi Schools: [http://reports.mde.k12.ms.us/policy/Manual/Chapter 2017/Rule 2017.10.pdf](http://reports.mde.k12.ms.us/policy/Manual/Chapter%2017/Rule%2017.10.pdf), pp. 64-67.

Chapter 17: Child Nutrition

Rule 17.10 Smart Snacks Standards for All Foods and Beverages Sold in Mississippi Schools.

The State Board of Education (SBE) shall adopt Smart Snacks Standards for All Foods and Beverages Sold in Mississippi Schools. These standards will ensure school district compliance of what products can be sold and the time of day they can be sold on a school campus.

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in schools during the school day. The Smart Snacks Standards ensures schools will provide students healthier choices by offering more whole grain options, fruits, vegetables, leaner protein and lower-fat dairy. Smart Snacks applies to all foods and beverages sold to students through:

- Vending machines
- Student stores
- Snack bars
- Fundraisers
- Culinary Education Program Sales
- Any other sales

I. Time of Day for ALL Foods and Beverages Sold in Schools

The following regulations apply to all Mississippi school campuses during the school day. The School day is defined as the hours between 12:00 a.m. the midnight before until 30 minutes after the end of the instructional day. This policy does not apply to school-related events; such as interscholastic sporting events, school plays, and band concerts; where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters. In addition, no food items shall be sold on the school campus for one (1) hour before the start of any meal services period through the end of the meal service, including breakfast.

II. **FOOD Regulations for Mississippi Schools: All foods sold in schools must meet the following ingredients and nutrient requirements:**

- A. Be a Whole Grain-Rich (WGR) product; or
- B. Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; or
- C. Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or
- D. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin-D, or dietary fiber).
 - 1. **Calories Limits:**
 - a. Snack/Side items: No more than 200 calories
 - b. Entrée items: No more than 350 calories
 - 2. **Sodium Limits:**
 - a. Snack/Side items: No more than 230 mg
 - b. Entrée items: No more than 480 mg
 - 3. **Fat Limits:**
 - a. Total fat: No more than 35% of calories
 - b. Saturated fat: < 10% of calories
 - c. Trans fat: zero grams
 - 4. **Sugar Limits:**
 - a. No more than 35% of weight from total sugars in foods (excludes sugars naturally occurring in fruits, vegetables, and dairy). For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams total sugar (added and naturally occurring) per ounce.
 - 5. **Exemptions:**
 - a. Dried/dehydrated fruits or vegetables with no added nutritive sweeteners; or
 - b. Dried fruits with nutritive sweeteners for processing and/or palatability; or
 - c. Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
 - 6. **Food Accompaniments**
 - a. Accompaniments such as cream cheese, sugar, sweeteners, salad dressing, ketchup etc., must be included in the nutrient analysis as part of the food item sold.
 - b. This helps control the amount of calories, fat, sugar and sodium added to foods.

- III. **BEVERAGE Regulations for Mississippi Schools:**
 The fluid and nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

Beverages for All Grades:

Beverage	Elementary School (K-5)	Middle School (6-8)	High School (9-12)
Plain Water, Carbonated or not	No Size Limit	No Size Limit	No Size Limit
Low-Fat Milk, Unflavored	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
Non-Fat Milk, Unflavored or Flavored	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
100% fruit/vegetable juice	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.

Other Flavored Beverages in High Schools ONLY:

- I. **Calorie-Free Beverages:** Maximum serving size 20 fluid ounces (20 oz.)
- A. Calorie —free flavored water, with or without carbonation
 - B. Other calorie-free beverages with less than 5 calories per 8 fluid ounces
 - C. (8 oz.), or up to 10 calories per 20 fluid ounces
- II. **Lower Calorie Beverages:** Maximum serving size 12 fluid ounces (12 oz.)
- A. Up to 60 calories per 12 fluid ounces; or
 - B. Up to 40 calories per 8 fluid ounces
- III. **CAFFEINE:**
- A. **Elementary and Middle School (K-8)**
 Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.
 - B. **High School (9-12)**
 Coffee and tea may be sold in high schools only; however, if cream and sweetener are offered as accompaniments, the cream and sweetener must be included in the evaluation of the coffee or tea against the beverage standard. The use of accompaniments may be averaged over the number of drinks sold. The other beverage standard in high school permits <60 calories per 12 fl. oz.; this is the same as <5 calorie per 1 fl. oz. If a smaller beverage is served, the calories may not exceed 5 calories per fl. oz., for example a 6 fl. oz. beverage may have no more than 30 calories.

IV. VENDING/SNACK Regulations for Mississippi Schools

Schools shall utilize the *Healthier Generation Alliance Product Calculator* to analyze all food and beverage products before they can be sold. This calculator is the most accurate tool to use when analyzing products to determine if they meet the Smart Snack Standards for vending products, snack products, entrees, side dishes and beverages.

V. TEACHERS' Lounge Vending:

At least 50 percent of the items sold in staff vending areas/lounges (those inaccessible to students) should meet the Smart Snacks Standards.

APPENDIX D

NUTRITION GUIDELINES

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of Mississippi children. This can be done with a combination of two strategies.

1. Adding more nutrient-rich, appealing options whenever foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100% juice, and water.
2. Limiting intake of discretionary calories (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). As described in the 2010 Dietary Guidelines for Americans, discretionary calories include intrinsic fats in the basic food groups (like the fat in whole milk versus low-fat milk), most solid fats (like butter and margarine), and all added sugars. Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, cookies, and high-fat snacks (regular potato chips, corn chips, crackers, sausage sticks, etc.).

APPENDIX E

HEALTHY SCHOOL PARTIES

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools which have a great impact on children to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

SNACK IDEAS FOR SCHOOL AND CLASSROOM PARTIES

The food offered at school parties should add to the fun but try to avoid making them the main focus. Schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: lead by example.

- ▶ Fresh fruit and vegetables
- ▶ Yogurt
- ▶ Bagels with low fat cream cheese
- ▶ Baby carrots and other vegetables with low-fat dip
- ▶ Trail mix, nuts and seeds*
- ▶ Graham crackers, animal crackers, whole grain/low fat crackers
- ▶ Jell-o (sugar-free, pre-packaged), pudding
- ▶ Baked chips, low-fat popcorn
- ▶ Granola bars/cereal bars*
- ▶ Applesauce, fruit cups (pre-packaged)
- ▶ Soft pretzels and mustard, string cheese
- ▶ Pizza (no extra cheese and only one meat)
- ▶ Milk, low-fat or fat-free, flavored or regular

*May be allergens and/or a choking risk for some people, please check with a health care provider.

APPENDIX F

PHYSICAL ACTIVITY RESOURCES

American Alliance for Health, Physical Education, Recreation, and Dance

<http://www.aahperd.org/>

The latest resources for health, physical activity, recreation, and dance professionals, including presentations from February 2010 conference on relationship of physical activity in relationship to *No Child Left Behind*.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national activity campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

Search on-site for PDF of physical activity resources from Big Sky country, including *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*.

PE4life

<http://pe4life.org/>

This organization inspires active, healthy living by advancing the development of quality, daily physical education programs for all children. The site features a free newsletter and action kit, as well as information about PEP grants and National PE Day.

President's Challenge ~ You're It. Get Fit!

www.presidentschallenge.org/

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for children and adults as well as cool online tools and ways to win awards for activity.

Take 10!

www.take10.net/

Take 10 is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.