

Mississippi School for the Deaf
1253 Eastover Drive
Jackson, MS

2012-2013
Wellness Policy



Approved by Mississippi State Board of Education

School Wellness Policy

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 attending Mississippi School for Deaf shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff members employed 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 (Mississippi Board of Education Policy, Code EE-2E).

- Implement Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with the 2007 Mississippi Healthy Students Act (Mississippi State Board of Education Policy 4011).

Commitment to Food Safe School

The Mississippi School for the Deaf 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in school.
- Ensure that all staff members have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus.
- 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.
- 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.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.

Commitment to Physical Activity

The Mississippi School for the Deaf 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 2008 Mississippi Public Schools Accountability Standard 33).
- Kindergarten students will participate in physical activity for a minimum of 40 minutes during the school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007 (State Board Policy 4012).
- Require fitness testing for all 5th grade students.
- Require fitness testing for high school students during the year they acquire the ½ Carnegie unit in physical education as required 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.
- Implement instruction based on the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bull 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Schedule recess and/or physical education, where possible, 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.).
- Participate in a yearly fitness test for students (e.g., Fitnessgram, President's Challenge to Physical Fitness, etc.).
- 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.
- 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 (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement instruction based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2008 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the Mississippi Healthy Students Act of 2007 which requires 45 minutes per week of comprehensive health education as defined by the Mississippi State Board of Education for Grades K through 8.
- 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*.
- Integrate Health Education into other subject areas.
- Provide Universal Precautions training and Universal Precautions Kits for all teachers, superintendents and staff.
- Research, select, and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.
- Attend local, state, and national conferences and workshops on HIV/AIDS education.
- Provide professional development for teachers on HIV/AIDS education.

- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district.
- Host a School Health Fair for students.

Commitment to Marketing a Healthy School Environment

The Mississippi School for the Deaf 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).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety 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.
- Eliminate the use of extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).
- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)
- Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).
- 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.
- Provide air conditioning in all classrooms, Code §37-17-6(2) (2000).
- Comply with the requirements for Safe and Healthy Schools:
- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1).
- Prohibit the possession of pistols, firearms or weapons by any person on school premises or

at school functions.

- Prohibits students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000).

Commitment to Quality Health Services

The Mississippi School for the Deaf will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- 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 (PTA meetings, open houses, health fairs, teacher in-services, and other events).

Commitment to Providing Counseling, Psychological and Social Services

The Mississippi School for the Deaf will:

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- 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.
- 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
 - 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
 - Other counseling duties or other duties as assigned by the school principal
- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
- Provide additional services to improve students' mental, emotional, and social health.
- 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.

Commitment to Family and Community Involvement

The Mississippi School for the Deaf will:

- Give parents and community the opportunity to serve on the School Health Council (SHC).
- Invite family members to attend health and physical education classes.
- Invite family members to tour physical education facilities.
- Invite family members to a school meal.
- Provide families with seminars, workshops, and information on health topics that relate directly to lessons taught in health education and physical education classes.
- Recruit, train, and involve families as volunteers by taking advantage of their time, experience, and resources.
- Invite family volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Invite family volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs.
- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school.

Commitment to Implementing a Quality Staff Wellness Program

The Mississippi School for the Deaf will:

- 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.
- Develop a Staff Fitness Center on the school site.
- Encourage after school health and fitness sessions for school staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, 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 school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.
- Ensure that all staff members are aware of the Mississippi State and School Employees' Health Insurance Plan.

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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports.
- Complete an online success reporting form on the Office of Healthy Schools website.

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 in accordance with the Mississippi Healthy Students Act and the 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.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

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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

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 (Mississippi Board of Education Policy, Code EE-2E).	
5. Implemented Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with the 2007 Mississippi Healthy Students Act (Mississippi State Board of Education Policy 4011).	
6. Implemented 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.	
7. Developed a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in school.	
8. Ensured that all staff members have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion.	
9. Distributed to 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) copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.	
10. Provided adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.	
11. Addressed the food safety assurance plan to include strategies that minimize risks for students and staff who have food allergies and intolerances.	
12. Provided parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.	
13. Implemented the requirements to provide 150 minutes per week of physical activity-based for all students in grades K-8.	
14. Designed schedule so that Kindergarten students participate in physical activity for a minimum of 40 minutes during the school day.	
15. Provided Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the Mississippi State Board of Education in compliance with the Mississippi Healthy Students Act of 2007 (State Board Policy 4012).	
16. Required fitness testing for all 5 th grade students.	
17. Required fitness testing for high school students during the year they acquire the ½ Carnegie unit in physical education as required by the Mississippi Healthy Students Act (State Board of Education Policy 4012).	

18. Offered a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.	
19. Implemented instruction based on the 2006 Mississippi Physical Education Framework.	
20. Implemented the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bull 2369).	
21. Graduation requirements for 9 th through 12 th grade students include ½ Carnegie unit in physical education.	
22. Scheduled recess and/or physical education, where possible, before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.	
23. 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.)	
24. Participated in a yearly fitness test for students (e.g., Fitnessgram, President's Challenge to Physical Fitness, etc.).	
25. Established/enhanced physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.	
26. Provided staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.	
27. Collaborated with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.	
28. 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.	
29. Provided ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).	
30. Implemented instruction based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2008 Mississippi Public School Accountability Standard 20, Appendix A).	
31. Implemented the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369); which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.	
32. Emphasized the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.	
33. Participated in USDA nutrition programs such as Team Nutrition Schools and the Healthier US School Challenge.	
34. Integrated Health Education into other subject areas.	
35. Provided Universal Precautions training and Universal Precautions Kits for all teachers, superintendents and staff.	
36. Researched, selected, and purchased disease prevention materials for grades K-8 and provide training for teachers on the use of the materials	
37. Attended local, state, and national conferences and workshops on HIV/AIDS education.	
38. Attended local, state, and national conferences and workshops on HIV/AIDS education.	
39. Hosted a School Health Fair for students.	
40. Ensured 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.	
41. Ensured that all chemicals are stored properly (in accordance with the Material Safety Data Sheet).	
42. Referred to the U.S. Consumer Product Safety Commission's <u>Handbook for Public Playground Safety</u> for federal guidelines for playground safety	
43. Ensured that fire extinguishers are inspected each year and properly tagged.	
44. 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.	
45. Conducted at least one emergency evacuation drill per month.	
46. Eliminated the use of extension cords as a permanent source of electricity anywhere on a school campus.	

47. Complied with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).	
48. Inspected all buses on a quarterly basis and ensure that they are well maintained and clean.	
49. Required that all bus drivers have a valid bus driver certificate and a commercial driver's license and operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)	
50. Ensured arrival of all buses at their designated school sites prior to the start of the instructional day.	
51. Conducted bus evacuation drills at least two times each year. (SB Policy 7904)	
52. Provided 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 #36).	
53. Provided facilities that are clean	
54. Provided facilities that are safe.	
55. Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.	
56. Provided operational facilities that are equipped and functional to meet the instructional needs of students and staff in accordance with the Mississippi School Design Guidelines.	
57. Provided air conditioning in all classrooms, Code §37-17-6(2) (2000).	
58. Complied with the requirements for Safe and Healthy Schools: <ul style="list-style-type: none"> ▪ 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). ▪ Prohibit the possession of pistols, firearms or weapons by any person on school premises or at school functions. ▪ Prohibit students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). 	
59. Ensured all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.	
60. Offered comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.	
61. Collaborated with other school staff to provide health services as part of a Coordinated School Health Program.	
62. Worked with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.	
63. Promoted healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).	
64. Adhered to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists.	
65. Provided at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).	
66. Hired 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.	
67. Hired school counselors who agree to abide by the American School Counselor Association Code of Ethics	
68. Ensured that all school guidance counselors provide comprehensive counseling services such as: <ul style="list-style-type: none"> <input type="checkbox"/> Academic and personal/social counseling 	

<ul style="list-style-type: none"> <input type="checkbox"/> Student assessment and assessment counseling <input type="checkbox"/> Career and educational counseling <input type="checkbox"/> Individual and group counseling <input type="checkbox"/> Crisis intervention and preventive counseling <input type="checkbox"/> Referrals to community agencies <input type="checkbox"/> Educational consultations and collaborations with teachers, administrators, parents and community leaders <input type="checkbox"/> Education and career placement services <input type="checkbox"/> Follow-up counseling services <input type="checkbox"/> Conflict resolution <input type="checkbox"/> Other counseling duties or other duties as assigned by the school principal 	
69. Offered quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.	
70. Provided additional services to improve students' mental, emotional, and social health.	
71. Offered counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.	
72. Hired qualified counselors who will address the mental health, academic, and career needs of students in the school setting.	
73. Provided parents and community the opportunity to serve on the School Health Council (SHC).	
74. Invited family members to attend health and physical education classes.	
75. Invited family members to tour physical education facilities.	
76. Invited family members to a school meal.	
77. Provided families with seminars, workshops, and information on health topics that relate directly to lessons taught in health education and physical education classes.	
78. Recruited, trained, and involved families as volunteers by taking advantage of their time, experience, and resources.	
79. Invited family volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.	
80. Developed homework assignments for students that involve family discussions about health topics and age-related health issues.	
81. Communicated with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs.	
82. Encouraged family meal times at home to enhance both nutrient intake of children and their successful performance at school.	
83. Promoted 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	
84. Provided 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	
85. Developed a Staff Fitness Center on the school site.	
86. Encouraged after school health and fitness sessions for school staff.	
87. Developed relationships with community health providers (e.g., local health departments, hospitals, 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.	
88. Coordinated school employee wellness activities with student health-promotion activities.	
89. Organized employee walking teams or clubs	
90. Coordinated staff wellness events and activities with state and national health observances throughout the year.	
91. Ensured that all staff members are aware of the Mississippi State and School Employees'	

Health Insurance Plan.	
92. Provided 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.	
93. Involved 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.	
94. Promoted 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).	
95. Eliminated advertising and other materials on the school campus that promote foods of minimal nutrition value.	
96. Worked 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.	
97. Applied for recognition award through the Governor's Commission on Physical Fitness and Sports.	
98. Completed an online success reporting form on the Office of Healthy Schools website.	
99. Established a plan for implementation of the school wellness policy.	
100. Designated one or more persons to insure that the school wellness policy is implemented as written.	
101. Established and supported a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.	
102. Conducted a review of the progress toward school wellness policy goals each year to identify areas for improvement.	
103. Prepared and submitted 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.	

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.