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Yazoo County High School Health Council Members

James Arrington..... Principal
DeWayne Profit..... Assistant Principal
Keshia Shaffer..... Lead Teacher
Mary Ray..... Cafeteria Manager
Leroy McCall.....PE/ Health Teacher
Meagan Meeks..... School Nurse
Christopher Hudson..... English/Speech Teacher
Kimberly Woods.....Health Science Teacher

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.

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 1: Healthy Lifestyle

All students in Yazoo County High School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All faculty and staff at Yazoo County High School are encouraged to model healthful eating and physical activity as a valuable part of daily life. 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.

Goal 2: Physical Education**Objectives: The Yazoo County High School will:**

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 4012).
2. 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 Policy 4012).
3. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
4. Instruction must be based on the 2006 Mississippi Physical Education Framework.

Goal 3: Quality Health Services**Objectives: The Yazoo County High School will:**

1. Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
2. Provide for teachers and staff training regarding signs and symptoms of asthma. (SB

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- 2393)
3. Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.
 4. Offer comprehensive health services for students in grades K-12, by employing school nurses to assist with academic success.
 5. Optimize the provision of health services with a school nurse-to-student ratio 1:750 for students in the general population.
 6. Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
 7. Adhere to the details outlined in the Licensure Guidelines (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.
 8. 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).
 9. Hire school guidance counselors with a minimum of a master's degree in Guidance Counseling, or an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
 10. Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
 11. 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
 - Provide teachers and administrators with health education on the topic of suicide prevention according to SB 2770
 12. Offer quality counseling, psychologists, and social services provided by professionals

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such as certified school counselors, psychologists, and social workers.

13. Offer counseling, group assessments, interventions, and other mental health services, as well as referrals to community health professionals.

*Our school has a contract to provide these services through Warren-Yazoo Mental Health Services. A student can be referred by a counselor, administrator, or teacher.

Goal 4: Food Safe Schools

Objectives: Yazoo County High School will:

1. 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.
2. 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.
3. Ensure that all staff have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus.
4. All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, food service staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.
5. Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
6. The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

Goal 5: Comprehensive Health Education

Objectives: The Yazoo County High School will:

1. Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).
2. Instruction must be based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).
3. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
4. Implement the requirements of House Bill 999, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

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Goal 6: Nutrition

Objectives: The Yazoo County High School will:

1. 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.
2. 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.
3. Promote participation in school meal programs to families and staff.
4. Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
5. Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
6. Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011)
7. 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.
8. Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
9. Establish a cafeteria environment conducive to a positive dining experience, while 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.
10. 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, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.
11. The vendor providing items for our machines has been provided the current information on products that comply with the Mississippi State Board of Education Policy regarding vending in schools. Our vendor has assured us he will fill our machines with item that comply with these standards.

Goal 7: Healthy School Environment

Objectives: The Yazoo County High School will:

1. 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.
2. Ensure that all chemicals are stored properly.
3. Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety for federal guidelines for playground safety.
4. Ensure that fire extinguishers are inspected each year and properly tagged.
5. Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. to maintain safe operation and healthy air quality.
6. Conduct at least one emergency evacuation drill per month.
7. Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
8. 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.
9. Never use extension cords as a permanent source of electricity anywhere on a school campus.
10. 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).
11. Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
12. 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).
13. Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
14. Conduct bus evacuation drills at least two times each year. (SB Policy 7904).
15. Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) G); 37-11-5, 49 and 45-11 -101; and Accreditation Standard #36).
16. Provide facilities that are clean.
17. Provide facilities that are safe.
18. Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
19. Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff.

20. Provide air conditioning in all classrooms, Code §37-17-6(2) (2000). Comply with the requirements for Safe and Healthy Schools.
21. 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, see the school safety manual and the MDE School Occupational Safety and Crisis Response Plan.
22. Follow State Board Policy EBB (1990) which prohibits the possession of pistols, firearms, or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) 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 for expulsion on a case-by-case basis.
23. Prohibits students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) 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.
24. Install locks on classroom doors to create security from the inside.
25. Install security cameras on the school campus.

Goal 8: Tobacco Free Campus

1. Promote the health, safety, and well-being of members of the Yazoo County Schools community by providing a smoke free campus and reducing exposure to secondhand smoke on our campus.
2. Provide Healthier academic environments.
3. Encourage employees and students to model and communicate our tobacco free campus with courtesy, respect, and diplomacy, especially with regards to visitors.

Goal 9: Family and Community Involvement

Objectives: The Yazoo County High School will:

1. Invite parents and community members to participate in school health planning by serving on the local School Health Council.
2. Invite parents and community members to participate in school health fairs by providing vendors to assist with health and wellness information.
3. Allow parents to get involved with schools running and walking clubs.

Goal 10: Implementing a Quality Staff Wellness Program

Objectives: The Yazoo County High School will:

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1. Encourage after school health and fitness sessions for school staff.
2. Ensure that all staff are aware of the Mississippi State and School Employees; Health Insurance Plan that has been enhanced to include Motivating Mississippi: Keys to Living Healthy, a new wellness and health promotion programs designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount.
3. Offer better eating choices for staff in the school vending machines.
4. Provide mental health sessions for the faculty and staff of our school.

Yazoo County High School is committed to providing a comprehensive school health coordinated plan and ensure it is implemented with fidelity.

