Carver Elementary School Wellness Policy

POLICY

Recognizing that healthy eating and activity patterns are essential for students to achieve their full academic potential and full physical and mental growth for life-long health and well being, Carver Elementary School supports the development, implementation and annual assessment for revisions of a school wellness policy. Through the establishment of this school wellness policy with guidance from the Tupelo Public School District Wellness Policy, Carver Elementary School will create a healthy school environment for excellence by making the following commitments to: nutrition, physical activity, comprehensive health education, marketing, implementation and assessment.

COMMITMENT TO NUTRITION

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.

a) Carver Elementary School will offer healthy choices that include low-fat entrées, chilled fruits, fresh fruits and 100% fruit juices, fresh and cooked vegetables, whole grains and low fat milk daily.

b) Carver Elementary School – Food Service Department will comply with the USDA disability requirements for modified diets as prescribed on a written medical statement by the student's physician, so that all students have available lunch and breakfast meals every day.

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.

a) Breakfast meals will be offered daily.

b) Breakfast meals will be available to all students who arrive on a late school bus.

c) Breakfast grab and go meals will be available after regular breakfast is served, per staff request. These meals will contain all the meal components that constitute a reimbursable meal.

3. Encourage school staff and families to participate in school meal programs.

a) Carver families will be provided through the Food Service Department information about school meal programs and healthy snacks to parents and staff two times per year. Information may include: menus for breakfast and lunch, weekly average nutrient analysis of menus data, free and reduced meal applications, meal pricing, prepayment information, district school wellness policy and healthy snacks for students information.

b) Menus will be posted to the school district web site as part of the district calendar and also the link will be published in school grade level newsletters and Carver's E Newsletter, the Carver Connection.

4. Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.

a) The TPSD – Food Service Department will implement the food safety and HACCP policy and procedures as required by USDA and the MS Department of Health.

5. Carver Elementary School will follow the State Board of Education policy for vending of foods, competitive foods and the sales of extra foods.

a) Parents are encouraged to provide nutritious foods if students bring a snack from home.

b) After-school meal events are recommended to offer one or more choices from all the food groups

Carver Elementary School Wellness Policy

of the new food pyramid.

COMMITMENT TO PHYSICAL ACTIVITY
Carver Elementary School will:

1. Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, and., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33.).
   a) Carver Elementary students will attend physical education classes for 50 minutes weekly and will participate in physical education activities for 150 minutes weekly.

2. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
   a) Carver Elementary School will encourage community challenges from partnerships made outside the school district (City of Tupelo, American Cancer Society, American Heart Association, others) that will engage students, parents and staff in physical activities that will become life-long wellness activities.
   b) Fitness Fridays will be started in January, one time monthly, to include community members working with students on a specific health or wellness focus.

3. Implement the 2006 Mississippi Physical Education Framework.
   a) Carver Elementary School will promote life-long physical activities throughout the year by encouraging the Tupelo Parks and Recreational Department to distribute prior-approved materials about physical activities that are currently accepting registrations to all students, staff and parents.
   b) Special emphasis on a physical activity is encouraged during the months of November, February, April and May to encourage students, staff and parents to develop life-long habits for wellness. Field day activities will be planned in May to help students and families gain knowledge of activities that can be extended at home.
   c) COMMITMENT TO IMPLEMENTATION AND ASSESSMENT
Carver Elementary School will establish a School Health Council (House Bill 319) that will prepare a plan for implementation of the school wellness policy.
   a) Carver Health Council will consist of the following positions: principal, person from each grade group, physical education teacher, school nurse, food service director, counselor, community representative and parents.
   b) Carver Elementary School Health Council will be responsible for implementing the District School Wellness Policy.
   c) Carver Health Council will report on the progress of the implementation of the school wellness policy and any comments or suggestions to improve the policy for the next school year.
   d) The Food Service Director will provide a report from the District School Health Council to the Superintendent of any changes that are being recommended to the district school wellness policy. This report will be annually or more often if needed.
   e) The site level school health council will meet a minimum of three times each school year in October, January and April.

COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT

Carver Elementary School Wellness Policy

Carver Elementary School Health Council will work to inform the community about the benefits of a healthy school environment and district school wellness policy through school newsletters and events and through the TPSD Communications Director and the local media.

Descriptor Term:	Descriptor:	Issued:
	EFEE	07/11/2006
SCHOOL WELLNESS POLICY	Rescinds:	Issued:

BOARD POLICY

Recognizing that healthy eating and activity patterns are essential for students to achieve their full academic potential and full physical and mental growth for life-long health and well being, the Tupelo Public School District supports the development, implementation and annual assessment for revisions of a district school wellness policy. Through the establishment of a district school wellness policy, the Tupelo Public School District will create a healthy school environment for excellence by making the following commitments to: nutrition, physical activity, comprehensive health education, marketing, implementation and assessment.

COMMITMENT TO NUTRITION

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.

a) Tupelo Public Schools will offer healthy choices that include low-fat entrées, chilled fruits, fresh fruits and 100% fruit juices, fresh and cooked vegetables, whole grains and low fat milk daily.

b) The Tupelo Public School District – Food Service Department will comply with the USDA disability requirements for modified diets as prescribed on a written medical statement by the student's physician, so that all students have available lunch and breakfast meals every day.

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.

a) Breakfast meals will be offered in all school sites daily.

b) Breakfast meals will be available to all students who arrive on a late school bus.

c) Breakfast grab and go meals will be available to the school site after regular breakfast is served, per staff request. These meals will contain all the meal components that constitute a reimbursable meal.

3. Encourage school staff and families to participate in school meal programs.

a) The Food Service Department will offer information about school meal programs and healthy snacks to parents and staff two times per year. Information may include: menus for breakfast and lunch, weekly average nutrient analysis of menus data, free and reduced meal applications, meal pricing, prepayment information, district school wellness policy and healthy snacks for students information.

b) Menus will be posted to the school district web site as part of the district calendar.

4. Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standard.

(Mississippi Board of Education Policy, Code EE-2E)

5. Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
a) The TPSD – Food Service Department will implement the food safety and HACCP policy and procedures as required by USDA and the MS Department of Health.

6. The Tupelo Public School District will follow the State Board of Education policy for vending of foods, competitive foods and the sales of extra foods.
a) Parents are encouraged to provide nutritious foods if students bring a snack from home.
b) After-school meal events are recommended to offer one or more choices from all the food groups of the new food pyramid.

COMMITMENT TO PHYSICAL ACTIVITY
The Tupelo Public School District will:

1. Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, and., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33.).

2. Offer a planned sequential program of physical education instruction incorporating Individual and group activities, which are student centered and taught in a positive environment.
a) The Tupelo Public School District will encourage community challenges from partnerships made outside the school district (American Cancer Society, American Heart Association, others) that will engage students, parents and staff in physical activities that will become life-long wellness activities.

3. Implement the 2006 Mississippi Physical Education Framework.
a) Encourage all sites to complete yearly fitness tests on students using the Fitness Gram.
b) Tupelo Public School District will promote life-long physical activities throughout the year by encouraging the Tupelo Parks and Recreational Department to distribute prior-approved materials about physical activities that are currently accepting registrations to all students, staff and parents.
c) Special emphasis on a physical activity week is encouraged during the month of May, after testing is completed, to encourage students, staff and parents to develop life-long habits for wellness.

COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION
The Tupelo Public School District will:

1. Provide ½ Carnegie unit of comprehensive health education for graduation.
(2004 Mississippi Public School Accountability Standard 20, Appendix A)

2. Implement the 2006 Mississippi Comprehensive Health Framework for grades 9 –12.
(2004 Mississippi Public School Accountability Standard 20, Appendix A)
a) Teachers will be encouraged to introduce the heath information that is grade appropriate in any and all subject areas without affecting required instructional time to students.
b) The District School Health Council will develop a calendar of health related issues that may be promoted monthly at each school site.

COMMITMENT TO IMPLEMENTATION AND ASSESSMENT
The Tupelo Public School District will establish a District School Health Council that will prepare a plan for implementation

of the school wellness policy.
a) The District School Health Council will consist of the following positions: superintendent or designee, principals or designated person from each grade group, elementary physical education teacher, secondary physical education teacher, school nurse, food service director, community representative and parents.
b) Each school site will have a school health council as required by the State of Mississippi, House Bill 319.
c) The site level School Health Council will be responsible for implementing the District School Wellness Policy.
d) Suggested site level school health council members are these positions: principal or assistant principal, food service manager, school nurse, physical education teacher(s), teachers from each grade level, teacher assistant, custodian, school counselor, parent(s), and students from each grade level.
e) The District School Health Council will hear reports from site councils of the progress of the implementation of the school wellness policy and any comments or suggestions to improve the policy for the next school year.
f) The Food Service Director will provide a report from the District School Health Council to the Superintendent of any changes that are being recommended to the district school wellness policy. This report will be annually or more often if needed.
g) The district and site level school health council will meet a minimum of two times each school year.

COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT

The Tupelo Public School District School Health Council will work to inform the community about the benefits of a healthy school environment and district school wellness policy through the TPSD Communications Director and the local media.

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