

School Health Council & Wellness Policy Updates

**MS Department of Education
Office of Healthy Schools**



- To gain a greater understanding of the **Mississippi Healthy Students Act**.
- Identify the importance of active **School Health Councils** in student wellness and achievement.
- Describe the topic areas that must be covered in a **Local School Wellness Policy**.

- **The Mississippi Healthy Students Act**
 - ✓ Brought a new level of importance to Health and Physical Education.
 - ✓ Brought an understanding for the value of teaching Health and Physical Education at all levels K-12.





• *Healthy Students Act of 2007*

✓ **Section (37-13-134)**

- Mandates **150 minutes** of *physical activity* based instruction K-8.
- Mandates **45 minutes** per week of *health education*, K-8.
- Requires $\frac{1}{2}$ **Carnegie Unit of physical education** is required for graduation, 9-12.
- Appropriates funds for a physical education coordinator to be housed at MDE.
- Requires the State Board of Education to establish regulations for child nutrition school breakfast and lunch programs to include how food items are prepared, time allotted for the consumption of breakfast and lunch, extra food sales, marketing and retail fast foods.
- Defines the duties of the **School Health Councils** to include a coordinated approach to school health.



- **New School Health Legislation passed since 2014:**
 - **House Bill 48** - Mississippi Youth Concussion Law
 - **House Bill 263** - Bullying & Suicide Prevention Policy
 - **House Bill 999** - Sex-Related Education Policy
 - **Senate Bill 2185** - CPR & AED Instruction
 - **Senate Bill 2218** - MS Asthma and Anaphylaxis Child Safety Act

Why is school health important?

- School health programs can help improve students' academic achievement.
- Health behaviors influence the quality of life for youth and their ability to live productively in society.
- Helping young people stay healthy is a fundamental part of the mission of our schools.

Health 
Education

Academic performance

- Class grades
- Standardized tests
- Graduation rates

Education behavior

- Attendance
- Drop out rates
- Behavioral problems at school

Cognitive skills and attitudes

- Concentration
- Memory
- Mood



It is very
difficult for
students to be
successful in
school if they
are:

- Depressed
- Tired
- Being bullied
- Stressed
- Sick
- Hungry
- Abused
- Using alcohol or other drugs

Studies show that wellness is one of the greatest factors determining student success and achievement.



Health & Wellness

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



- ***The Whole School, Whole Community, Whole Child (WSCC) Model*** combines and builds on elements of the traditional coordinated school health approach and the whole child framework by:
 - ✓ Responding to the call for greater alignment, integration, and collaboration between education and health to improve each child's cognitive, physical, social, and emotional development.
 - ✓ Incorporating the components of a coordinated school health program around the whole child approach.
 - ✓ Providing a framework to address the relationship between learning and health.



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Ensuring a bright future for every child

School Health Councils



- Advisory group of individuals from the community and the school.
- Provides guidance on all aspects of school health programming.
- Mississippi Code requires school health councils and also requires that all health council recommendations be based on a coordinated approach to school health.

School Health Councils should:

- Meet a minimum of **three times** per school year.
- Maintain **accurate minutes** of all meetings to document the recommendations and topics of each meeting.
- Make at least **one annual presentation** to the local school board to approve any revisions to the local school wellness policy, identify successes, and/or make recommendations for future policy development.

Steps in Organizing a School Health Council

Step 1. Get Together and Establish Structure

- ✓ Meet with interested individuals.
- ✓ Select Coordinator.
- ✓ Gain support of school leaders.
- ✓ Recruit members/share guidelines.



Potential School Health Council Members

- Parent
- Student
- Teacher
- School Food Authority
- School Staff
- Principal/Assistant Principal
- Health Care Providers
- Business/Industry Representative
- Community Leader
- MS Cooperative Extension Service Agent



Step 2. Assess School Needs & Create a Vision

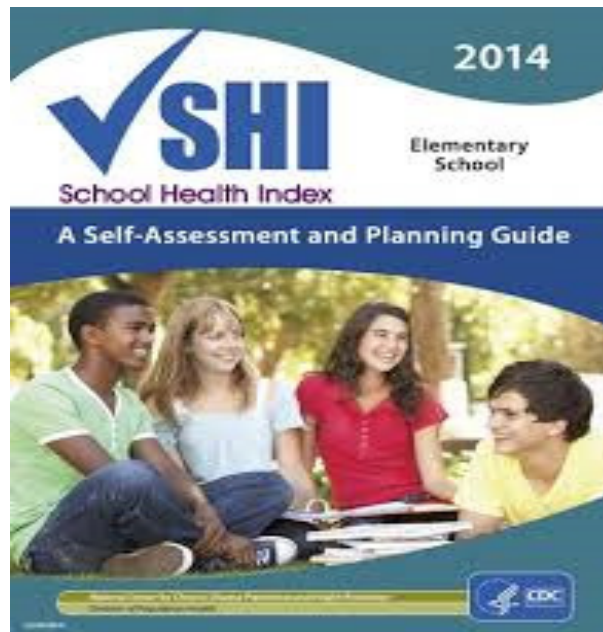
- ✓ Use the **School Health Index (SHI)** to assess school health needs – MS Code 37-11-71.
- ✓ Involve all council members in the assessment process.
- ✓ Use the results of the assessment.



- **The School Health Council should use the School Health Index assessment tool:**

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<https://www.cdc.gov/healthyschools/shi/index.htm>



Step 3: Develop a Plan



- ✓ Use results of needs assessment – (SHI) - to build an implementation plan and the **Local Wellness Policy**.
- ✓ Council should develop a plan of action based on school needs.

- A **Local School Wellness Policy** is required by the 2014 Mississippi Public School Accountability Standards (Standard 17.5.1).
- Wellness policies are also mandated – with updated requirements – by the 2010 Healthy, Hungry-Free Kids Act.
- These policies support the relationship between student health and academic achievement – and provide the foundation for a healthy school environment.

- A local school wellness policy (“**wellness policy**”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.



Five Stages of an Effective Wellness Plan:

1. **Establishing structure:** Who will be involved?
2. **Assessing need:** Where are we now?
3. **Planning:** How do we get where we want to go?
4. **Implementation/Evaluation:** How are we doing?
5. **Evaluation/Celebration/Sustainability:** How will we know when we get where we wanted to go?

Details in –

Tools That Work: Your Guide to Success for Building a Healthy School

<http://www.mde.k12.ms.us/docs/healthy-schools/tools-that-work---your-guide-to-success-for-building-a-healthy-school-20150710.pdf?sfvrsn=2>

- Each LEA participating in the **National School Lunch Program (NSLP)** and/or **School Breakfast Program (SBP)** is required to establish a written local school wellness policy for all schools under its jurisdiction.
- LEAs have the flexibility to customize their individual local school wellness policy based on their own specific circumstances to best improve the health of their students.

- ***Content of the Wellness Policy:***
- **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness.
- **Standards and nutrition guidelines for all foods and beverages** – sold to students on school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in School nutrition standards



- ***Content of the Wellness Policy:***
- **Standards for all foods and beverages provided, but not sold, to students** – during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** – that allow marketing and advertising of only those foods and beverages that meet smart Snacks in School nutrition standards.

- **LEAs are also required to:**
 - Review and consider evidence-based strategies in determining local school wellness goals.
 - Involve, inform, and update the public (including parents, students, and other stakeholders) about the content and implementation of the local school wellness policy.
 - Conduct an assessment, at least once every three years, to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies.
 - Update or modify the local school wellness policy as appropriate.

Sample Board policy:

All schools in the _____
School District will use
the Office of Healthy
Schools guide to
develop a local wellness
policy to meet state and
federal requirements.

Local School Wellness Policy *Guide for Development*

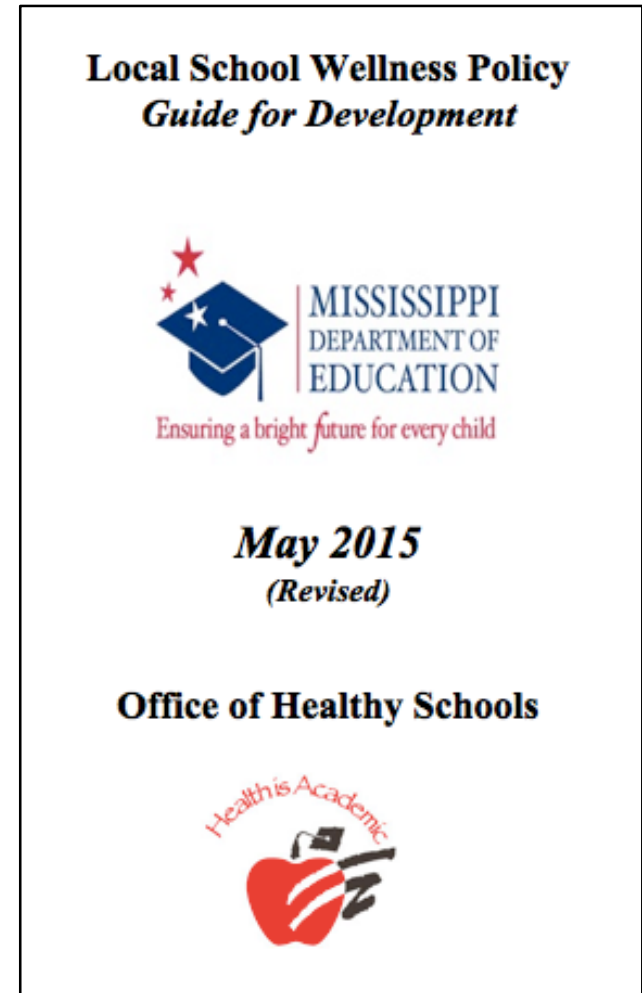


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Office of Healthy Schools



The Office of Healthy Schools Guide for Development provides sample language for schools to use in developing their own policies. This guide includes the **minimum requirements which must be included in all Mississippi Local School Wellness Policies**, as well as optional policy statements to meet goals of local communities.



Any Questions?



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601-359-1737**



<http://www.mde.k12.ms.us/ohs/home>

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