

RES/RHS

Wellness Policy

2025-2026

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Richton 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.

GOALS:

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

To meet this goal, Richton Elementary School and Richton High School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. 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 and Food Safe Schools

Richton 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.
RES/RHS- School Lunch Program
- 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.
RES/RHS- School Breakfast Program
- Encourage school staff and families to participate in school meal programs.
RES/RHS-Staff regularly participates in school meal programs.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E)
RES/RHS-Child Nutrition Program operated by Richton School District Food Services Department.
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH). See Appendix A
RES/RHS-Child Nutrition Program operated by Richton School District Food Services Department.
- Follow established guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. See Appendix A-1 and A-2 for guidelines.
RES/RHS-Guidelines were phased in beginning with 2006-2007 school year.
 - *Beverage vending machines meet guidelines.
 - *Candy fundraisers were eliminated beginning 2006-2007 school year.
 - *Classroom celebrations and/or lesson units involving food and beverage have been redesigned to include healthy food choices beginning 2006-2007 school year.
- Provide adequate time for students to eat and enjoy school meals by allowing a 20 minutes at breakfast and 20 minutes at lunch.
RES/RHS -Breakfast time equals 20 minutes
RES/RHS -Lunch time equals 20 minutes.
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.
- Maintain a cafeteria environment conducive to a positive dining experience, with supervision by adults who model proper conduct, voice level, and healthy habits.
RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.
RES/RHS -Students are accompanied with their teachers to the cafeteria during lunch.
- Make school meals accessible to students with a variety of delivery strategies, such as breakfast in the bag, grab-and-go lunches, or alternate eating sites.
RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.
- Encourage the addition of 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. This would include vending machines, school stores, parties, celebrations, social events, and other school functions. See Appendix B for examples of guidelines and options.
RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.
RES/RHS -No food vending machines are on campus, water is offered in the beverage machines.
Principal are responsible to ensure that vending machines are for teachers only

- Encourage the elimination of foods as rewards for student accomplishment in the classroom and discourage the withholding of food as punishment. See Appendix C for non-food reward ideas and C-1 for Healthy School Parties.

RES/RHS -Encourages the use of non-food rewards for students.

- Encourage all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy as a fund-raiser is not allowed in grades K-12. See Appendix D for alternative fundraising ideas.

RES/RHS -No sale of candy or food for fund-raisers.

- Replace deep fat fryers with combination oven steamers as budget restraints will allow.

RES/RHS -Deep fat fryers were replaced in 2008 by oven steamers.

- 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.

RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.

- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff and families prepare, handle, or consume food.

RES/RHS -Hand washing is encouraged to staff and students. Soap, water, and paper towels are available outside of cafeteria and in the restrooms.

- The food safety assurance plan addresses strategies that minimize risks for students and staff who have food allergies and intolerances.

RES/RHS -Child Nutrition Program operated by Richton School District Food Services Department.

Goals:

- Ensure that all staff has 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 the pre and post test developed by the Office of Healthy Schools and maintain documentation of completion.
- All school personnel will have access to the Richton School District Wellness Policy to include food safety policies and procedures and relevant professional development on the school website.

Commitment to Physical Activity / Physical Education

Richton 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 2008 Mississippi Public Schools Accountability Standards 33).
 RES -Students participate in physical education activities during recess for 20 minutes daily and walk the school track each day after lunch. (100 minutes per week)
 RES/RHS -Students participate daily in activity based classes (music, band, art, etc...) that require physical movement and implement stretching activities as part of the daily routine
This is the responsibility of the Principals to document.
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
 RES/RHS -The physical education teacher is trained in the use of the latest physical education equipment and strategies.
This is the responsibility of the Principal to document.
- Implement the 2006 Mississippi Physical Education Framework.
 RES/RHS -The physical education teacher has implemented the 2006 Mississippi Physical Education Framework.
This is the responsibility of the Principal to document
- K-8 students and students who are enrolled in P.E. at the High School will participate in a yearly fitness test.
 RES/RHS -Yearly fitness test are performed by the physical education teacher for all of our students.
This is the responsibility of the Principal to document
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
 RES/RHS -Students participate in local league play through the Youth Programs of Richton: Softball, Baseball, Football, and any other activities.
This is the responsibility of the Principal to document
- Implement the requirements of the Mississippi Healthy Students Act of 2007(Senate Bill 2369).
 RES/RHS -Meets the requirements of the MS Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
 RHS -Only students on campus.
This is the responsibility of the Principal to document
- All kindergarten through 8th grade students will participate in at least 40 minutes of physical activity daily.
This is the responsibility of the Principal to document

Goals:

- Each school will encourage curriculum integration activities.
- Encourage more students to participate in P.E. classes at the secondary level. See Appendix E for physical activity resources.
- Schedule recess or physical education before lunch times in order to increase food consumed, decrease plate waste and improve cafeteria behavior.
- Encourage 5 to 10 minutes of physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons.

- Create wider opportunities for students to voluntarily participate in after school physical activity programs like intramurals, clubs and at the secondary level, interscholastic athletics.
- All students will participate in yearly fitness test.

This is the responsibility of the Principal to document

Commitment to Comprehensive Health Education

Richton School District will:

- Provide a minimum of ½ Carnegie unit of comprehensive health education and ½ Carnegie unit for physical education for graduation (2004 Mississippi Public School Accountability Standard 20).
RHS-StudentsOnly.
- Implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).
RHS-StudentsOnly.
- Offer comprehensive health education in grades K-8 (2006 Mississippi Comprehensive Health Framework).
RES/RHS-In place at RES/RHS, through units in science class. Classes are also taught on dangers of use of tobacco products as part of the comprehensive health program.
- Implement the nutrition strand of 2006 Mississippi Comprehensive Health Framework.
RES/RHS-The Mississippi Comprehensive Health Framework nutrition strand is taught as a part of the Comprehensive Health through science and PE classes.
- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.
RES/RHS-The Mississippi Comprehensive Health Framework of disease and prevention strand is taught as a part of the Comprehensive Health through science and PE classes.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
Currently do not take part of.
- 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.
**RES/RHS -Health education is incorporated into science and P.E. lesson plans per teaching staff.
This is the responsibility of the Principal to document**
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
RES/RHS -Health services provided as part of the Coordinated School Health Program. (This includes, but is not limited to, education on nutrition, dangers of tobacco, exercise and fitness, asthma management, etc.)
- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases in Grades K-12.
RES/RHS- Care is provided to those students to manage and treat their diseases with parental and student involvement.
- Integrate Health Education into other subject areas- Health in Action.
**RES/RHS- Health education is incorporated into lesson plans of all subject areas per teaching staff.
This is the responsibility of the Principal to document**

Goals:

- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district.
- Educate all students to be healthier in life.

Commitment to Healthy School Environment

Richton 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.
RES/RHS -All exits are clear and free of padlocks and chains. Exit signs are visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet)
RES/RHS -All chemicals are properly stored in accordance with the Material Safety Date Sheet.
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety; for federal guidelines for playground safety.
RES/RHS -Playground safety guidelines are followed per the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety.
This is the responsibility of the Principal to document
- Ensure that fire extinguishers are inspected each year and properly tagged.
RES/RHS -Fire extinguisher are inspected yearly and tagged.
This is the responsibility of the Principal to document
- Complete yearly maintenance of the heating and cooling system in schools to maintain safe operation and healthy air quality.
RES/RHS -Yearly maintenance of the heating and cooling systems are completed.
This is the responsibility of the Principal to document
- Conduct at least one emergency evacuation drill per month.
RES/RHS -Emergency drills are performed monthly. They are posted in each classroom.
This is the responsibility of the Principal to document
- 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.
RES/RHS -All classrooms have exit windows or second way out.
This is the responsibility of the Principal to document
- Never use extension cords as a permanent source of electricity on a school campus.
RES/RHS -Extension cords are not used as a permanent source of electricity.
This is the responsibility of the Principal to document

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 monthly and ensure that they are well maintained and clean.
RES/RHS -Per the Richton School District Transportation Department.
This is the responsibility of the Transportation Director to document
- 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. (State Board of Education Policy 7903)
RES/RHS -Per the Richton School District Transportation Department.
This is the responsibility of the Transportation Director to document
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
RES/RHS -Per the Richton School District Transportation Department.
This is the responsibility of the Transportation Director to document

- Conduct bus evacuation drills at least two times each year. (State Board of Education Policy 7904)
RES/RHS -Per the Richton School District Transportation Department.
This is the responsibility of the Transportation Director to document

Provide facilities that meet the following criteria:

- Provide facilities that are clean and safe.
RES/RHS -Campus facilities are kept clean and safe.
This is the responsibility of the Principal to document
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
RES/RHS -Signs are in place on campus.
This is the responsibility of the Principal to document
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff.
RES/RHS -Campus facilities are equipped and functional to meet the instructional needs of our students and staff.
This is the responsibility of the Principal to document.
- Provide air conditioning in all classrooms, Code 37-17-6(2).
RES/RHS -Campus classrooms are provided with air conditioning.
This is the responsibility of the Principal to document

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the school board.
RES/RHS - School Safety Plan is on file.
This is the responsibility of the Principal to document
- Prohibit the possession of pistols, firearms or weapons by any person, other than duly authorized law enforcement, on school premises or at school functions.
RES/RHS -The possession of pistols, firearms and weapons are prohibited on campus and school functions except by duly authorized law enforcement.
This is the responsibility of the Principal to document
- MS Code 97-32-9 prohibits students from possessing tobacco on any educational property. MS 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.
RES/RHS-No tobacco products are allowed on campus.
This is the responsibility of the Principal to document
- Install exhaust fans in restrooms to eliminate odors.
RES/RHS -Are not present in all restrooms.
This is the responsibility of the Principal to document
- Eliminate unnecessary school bus idling that causes pollution and creates health risks for children.
RES/RHS - Per the Richton School District Transportation Department.
- Hire a District Safety Officer or a School Resource Officer.
RES/RHS - A Resource Officer is assigned to RSD.
- Implement a local Communicable Disease Policy per State Department guidelines.
RES/RHS -Communicable Disease Policy is followed per State Department guidelines.
This is the responsibility of Central Office to document
- Install security cameras on the school campus.
RES/RHS -Security cameras are in place on campus.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Utilize best practices for the use of pesticides and integrated pest management in school buildings and on school grounds.
RES/RHS -Pest management and pesticides use is conducted by the custodians.
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction.
RES/RHS -In place at RSD.

Goals:

- Conduct self assessments of the schools safety and security annually prior to school opening using the Bureau of Safe and Orderly School's Process Standard #37.1 monitoring tool.
- To provide the safe school for all students

Commitment to Quality Health Services

Richton School District will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
RES/RHS -All school nurses continue to work under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Offer comprehensive health services for students in grades K-8, through the employment of school nurses, as a means to academic success.
RES/RHS -Comprehensive health services are provided for students in grades K-8.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
RES/RHS -The nursing and school staff collaborate to provide services as part of the Coordinated School Health Program.
- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases.
RES/RHS -Care is provided to those students to manage and treat their diseases with parental and student involvement.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teachers- in-services, and other events).
RES/RHS -Healthy lifestyles are promoted through the cafeteria and resources.

Goals:

- Optimize the provision of health services with a school nurse-to-student ratio of 1:750.
- Offer comprehensive health services for students in grades K-12.

Commitment to Providing Counseling, Psychological and Social Services

Richton School District will:

- Provide training sessions for administrators and teachers in mental health related areas in order to make employees more aware of topics relevant to children and youth.
RES/RHS -At least one health related topic of relevance to children and youth will be presented during staff development or a focused faculty meeting each semester of the school year.
This is the responsibility of Counselor to provide and document
- Provide parents and children with educational materials and support in the area of mental health resources.
RES/RHS -Provided by the district social worker.
This is the responsibility of Counselor to provide and document
- 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 in Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
RES/RHS -Counselor on staff adheres to guidelines.
This is the responsibility of Counselor to provide and document
- 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).
RES/RHS -Guidance counselor and school nurse on campus.
This is the responsibility of Counselor to provide and document
- Hire school guidance counselors with a minimum of a Bachelor Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher Administrator Education, Certification and Licensure and Development.
RES/RHS -Guidance counselor has a Master's Degree.
This is the responsibility of Counselor to provide and document
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
RES/RHS Counselor agrees 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**RES/RHS -Counselor provides comprehensive counseling services.**

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
RES/RHS -Offers counseling through school counselor.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
RES/RHS -School counselor addresses the mental health, academic and career needs of our students.

Goals:

- 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.

Commitment to Family and Community Involvement

Richton School District will:

- The Richton Schools will give parents and community the opportunity to serve on the School Health Councils.
RES/RHS -Parents and community members are invited to participate in our School Health Council.
- Recruit, train, and involve families as volunteers by taking advantage of their time, experience, and resources.
RES/RHS -Volunteers are involved on campus and participate in training by the district.
- Invite family members to a school meal for students in grades K-6.
RES/RHS -Parent lunches are held yearly for grades K-6.
- Invite family members to tour physical education facilities (during open house).
RES/RHS -All areas of the campus are open for families to tour during open house held at the beginning of the school year.

Goals:

- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school. Provide recipes and nutritional information for parents.
- Develop learning activities for students that involve family discussions about health topics and age-related health issues.

Commitment to Implementing a Quality Staff Wellness Program

Richton School District 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.

RES/RHS -Staff are encouraged to participate in State Wellness: BCBSMS Be Healthy

- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management and stress reduction and management.

RES/RHS -The track will be available for staff use in the afternoon Monday-Friday and on weekends. Staff interested in participating must follow established health guidelines, facility guidelines, and facility maintenance guidelines.

- Implement a healthy weight program for staff, such as Weight Watchers at Work Programs.

RES/RHS - Weight programs such as Weight Watchers and others are encouraged.

- 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

RES/RHS -Teachers are encouraged to walk with the students on the track.

- Ensure that all staff are aware of the Mississippi State and School Employee's Health Insurance plan that has been enhanced to include Motivating Mississippi: Keys to Living Healthy, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount.

RES/RHS -Staff are encouraged to participate in BCBSMS: Be Healthy

- Establish and enhance physical activity opportunities for staff.

RES/RHS -The track will be available for staff use in the afternoon Monday-Friday and on weekends. Staff interested in participating must follow established health guidelines, facility guidelines, and facility maintenance guidelines.

Goals:

- Develop a Staff Fitness Center on the school site.
- Encourage after school health and fitness sessions for school staff.
- Organize employee walking teams or clubs.
- Coordinate Staff Wellness events and activities with state health-promotion activities.

Commitment to Marketing a Healthy School Environment

Richton School District 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.
RES/RHS -Staff are encouraged to reinforce a positive environment. Every student on campus has been assigned a mentor.
- Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student health councils and attention will be given to their comments.
RES/RHS -Students are actively involved on our Student health council and are encouraged to share ideas with staff.
- 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, PTO meetings, open houses, health fairs, teacher in-services, and other events).
RES/RHS -Healthy lifestyle changes are encouraged through Health classes, PTO letters, open house, and,PTO meetings.
- Encourage advertising and other materials on the school campus that promote healthy foods.
RES/RHS - Child Nutrition Program operated by Richton School District Food Services Department.
- Work with local media, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments. See Appendix F for marketing resources.
RES/RHS -Local events supplied to local paper, PTO letters, etc...

Commitment to Implementation

Richton School District will:

- **Establish a plan for implementation of the school wellness policy.**
RES/RHS -School Wellness Policy is in place. Administrators use the state monitoring tool to ensure implementation of the plan.
- **Designate a District Coordinator and the site Principal (or his/her designee) to ensure that the school wellness policy is implemented as written.**
RES/RHS -Principals, Physical Education Teachers, and the School Nurse work as a team to ensure policy is implemented as written.
- **Maintain the School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.**
RES/RHS -Wellness policy is in place for Richton School District as well as a School Health Council.
- **Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.**
RES/RHS -At the final School Health Council meeting each year, a needs assessment will be done.
- **The District Coordinator shall form a committee to 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.**
RES/RHS -Designated personnel (Principals, Counselors, and Transportation Director) will submit a report regarding the progress of the implementation of the wellness policy by May 1 of each year.

In accordance with the 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 to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202)720-6382 (TDD). USDA is an equal opportunity provider and employer.

APPENDIX A

COMPETITIVE FOODS POLICY

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 in original containers into the cafeteria.
- 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.

APPENDIX A-1

NUTRITION STANDARDS FOR FOOD AND BEVERAGES SOLD ON CAMPUS

Nutrition Standards Intent/Rationale:

The 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 than 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 monounsaturated 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.
- Vending sales of candy will not be permitted on school grounds.

APPENDIX A-2

NUTRITION STANDARDS FOR VENDING

Suggested Items for Vending Machines and Concession Stands

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

ACCEPTABLE SNACKS

Animal crackers, graham crackers, whole grain crackers granola bars, whole-grain fruit bars
 Pretzels, baked chips, corn nuts, rice cakes, cereal/nut mix
 Nuts and seeds- (plain or with spices)
 Trail mix (plain) popcorn/nut mix
 Fresh vegetables and fruit, single-serve canned fruit, dried fruit, fruit-flavored snacks
 Popcorn, fat free or light
 Beef jerky 95% fat free
 Yogurt, preferably non-fat, low-fat or light
 Sugar-free gelatin, fat-free pudding

ACCEPTABLE BEVERAGES

Milk, any flavor- preferably non-fat, low fat (1%) or 2%
 Juice- fruit and vegetable that contains 100% juice
 Water, pure



Adapted from Mississippi Action for Healthy Kids

Action for Healthy Kids at: www.actionforhealthykids.org

APPENDIX B

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 2005 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.).

MARKETING:

The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:

- **Product:** Vendors and companies have increasing numbers of products available – many with a more healthful profile than traditional snack foods and beverages.
- **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations – like at students’ eye level in a vending machine.
- **Price:** Another way to increase the sales of healthful items is to offer them at a lower cost.
- **Promotion:** There are many creative ways to promote healthy options – like offering samples of new healthful products or giving discount coupons during the introductory period.

For more information on these strategies and schools that have successfully increased healthful food and beverage options, read: Making It Happen! School Nutrition Success Stories

www.fns.usda.gov/tn/Resources/makingithappen.html

APPENDIX C

NON-FOOD REWARDS

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives – from outstanding educators across the country – to offering food as a reward to individual students or entire classes.

Sit by friends.
 Read a book.
 Read outdoors.
 Teach the class.
 Have extra art time.
 Enjoy class outdoors.
 Have an extra recess.
 Play a computer game.
 Read to a younger class.
 Sing a silly song together.
 Get a 'no' homework pass.
 Make deliveries to the office.
 Listen to music while working.
 Earn play money for privileges.
 Play favorite games or puzzles.
 Walk with a teacher or principal.
 Eat lunch outdoors with the class.
 Be a helper in another classroom.
 Eat lunch with a teacher or principal.
 Start and maintain a vegetable garden.
 Dance to favorite music in the classroom.
 Be first in line when the class leaves the room.
 Listen with a headset to a book on audiotape.
 Get a "free choice" time at the end of the day.
 Have a teacher perform special skills (i.e. sing).
 Have a teacher read a special book to the class.
 Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.).

Additional online resources for non-food reward ideas:

[www.healthyschools.ms.org/ohs main/initiatives/schoolwellnesspolicy.htm](http://www.healthyschools.ms.org/ohs_main/initiatives/schoolwellnesspolicy.htm)

APPENDIX C-1

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 D

HEALTHY FUNDRAISING

Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

- Fresh and exotic fruit, like cases of citrus fruit and other produce items
- Nuts and trail mix
- Popcorn and naturally low fat pretzels
- Bottled water with school name/logo
- Gift baskets with fruit/cheese

Schools are also selling an ever-expanding variety of non-food items such as:

- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Plants and flowers
- School spirit items
- Stadium cushions
- Cookbooks

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- Car washes
- Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, jump rope -a-thon, etc.
- Family game nights
- “Hire a student day” for odd jobs
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows

Additional online resources for healthy fundraising ideas:

[www.healthyschools.ms.org/ohs main/initiatives/schoolwellnesspolicy.htm](http://www.healthyschools.ms.org/ohs%20main/initiatives/schoolwellnesspolicy.htm)

APPENDIX E

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 2005 conference on relationship of physical activity in relationship to *No Child Left Behind*.

California Dept. of Education: Academic Achievement and Physical Fitness

www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

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.

APPENDIX F

MARKETING

Promoting Healthy School Meals: Marketing strategies that work

There are many reasons to do promotions for school food and nutrition programs. First and foremost, the students, faculty, and staff are customers. They have choices to make in deciding what to purchase and what not to purchase. Promotions are powerful marketing tools that have a direct, meaningful impact on customers and their purchasing decisions.

Promotions do not necessarily have to promote one particular product or event. After all, nutrition is something to promote all of the time. Some effects promotions might have:

- Show customers that the school food and nutrition department cares about them.
- Get customers excited or interested in the programs so that they keep participating.
- Highlight specific services or products.
- Introduce new items on a continual basis, for instance to highlight a new recipe on the menu. Perhaps one new item might be featured each month.
- Introduce or reinforce an identity or a marketing theme, such as National School Lunch Week or School Breakfast Week.
- Celebrate a nutrition and health awareness event, such as National 5 A Day Month or National Diabetes Month.
- Establish a distinctive image or “brand” for the school food and nutrition department.
- Reinforce the school food and nutrition departments’ role in the total school environment through promotions around special school activities and events.

Measure Your Promotion Success

Promotions are designed to cause action. Ultimately, a promotion is designed to change some attitude or belief and/or cause customers to buy something. For instance, a promotion may be designed to convince students that fruits and vegetables are good for them or just that they want to eat breakfast at school. National School Lunch Week and School Breakfast Week, for example, are designed around annual themes to promote the value of school meals to the entire school community. A promotion may strive to influence students to buy the reimbursable meal in general or to try a new product in particular.

Because promotions are supposed to change attitudes or behaviors, the effect of promotions should be evaluated -- that means that they need to be measured. How might a promotion be measured? That depends on what the goals of the promotion are. In general, the school nutrition department might measure:

- Sales, overall or of a particular product
- Participation
- Customer satisfaction
- Customer attitudes or customer perceptions

Health Advisory Council

Richton Elementary School

Blake Brown - School Nurse

Jennifer Ishee - Elementary Principal

Kee Dykes – PE Teacher

Jana Freeman – Teacher

Stephen Rice- Director of Child Nutrition

Richton High School

Blake Brown - School Nurse

Ben Bryan – Principal

Cassie Nicholson – Counselor

James Kitchens – PE/Transportation Director

Angie McSwain – Health Teacher

Stephen Rice- Director of Child Nutrition