

Ocean Springs Upper Elementary Wellness Policy

Health Committee

Members: Julie Foster, Linda Foster, Angie Emile, Tiffany Dobyms, Nurse Terry Tate, Coach Wade Vick, Coach Lindsay O'Bryan, Roma Flowers, Linh Morales, Robyn Reeves, Lisa Greig, Counselor Marianne Hurt, and Kim Herbert.

Administrative Representative: Mary Rodgers

Co-Chairs: Vanessa McKee and Lamar Estis

Food Service Representative: Lisa Ludlow

Community/Parent Representative: Jane Moore

Student Representatives: Connor McKee, Emilee Morales, and Cole Morales

Mission: OSUE is committed to promoting healthy and safe behaviors by providing students, parents, and staff with the necessary knowledge, skills, and healthy choices needed to improve their overall health and wellbeing.

Goal: All students shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet this goal, OSUE 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 difference in culture.

1. OSUE Health Committee will complete a yearly self-evaluation, School Health Index, to monitor progress and assess any areas in need of improvement.
2. OSUE Health Committee will develop a yearly Health Improvement Plan for improving health and safety at the school.
3. Parents, community, and stakeholders will be involved through OS District's Health Fair, OSUE's weekly newsletters, OSSD website, PTO, health lessons and assignments for home, community events, and end of the year surveys.
4. All school personnel will reinforce positive messages, promote healthy eating, promote physical activity, and advocate healthy lifestyles to students and their families through modeling, health lessons and activities, school morning announcements, media releases, OSSD Website, community events, and OSUE's weekly newsletters.

Nutrition and Food Safety

School lunch and breakfast program will offer meals that meet the standards established by the U.S. Department of Agriculture, the Mississippi Department of Education, and Office of Child Nutrition Programs and ensure the food service permit is current. All food and beverage items sold or served during school hours will follow all nutritional guidelines. Food Service staff will follow the developed food safety plan consistent with Fight Bac and other national standards for safe handling of food. Food services will provide nutritional information for parents and students in the school's newsletters, school menus, and on the OSSD website.

Physical Education/ Physical Activity

Students will be provided a planned sequential program of 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 Health Students Act through scheduled P.E. times, school wide kickball tournaments, Jump Rope for Heart, Field Day, fitness testing, and organized play during scheduled recess times. Instruction will be based on the Mississippi Physical Education Frameworks and will implement the requirements of the Mississippi Healthy Students Act of 2007.

Curriculum:

PE Health Coaches will teach the Ocean Springs District's approved Health Curriculum which includes 60 minutes of activities and lessons aligned with the Mississippi Contemporary Health for grades K-8, MS Code 37-13-171, and National guidelines for promoting health and topics suggested by the Health Improvement Plan.

Healthy School Environment:

Yearly self-assessments will be conducted of the school buildings, safety, and security using the Bureau of Safe and Orderly Schools' Process Standard in order to maintain efficient, clean and safe facilities. OSUE will maintain a comprehensive School Safety Plan on file; at least one emergency drill will be conducted monthly. An anti-bullying policy that outlines procedures for dealing with bullying situations will be implemented by the staff and enforced by the administrators. OSUE will prohibit the possession of weapons, firearms, drugs, and tobacco on the campus and at school functions; proper signs indicating prohibited items will be visibly posted at all entrances.

Quality Health Services:

The school nurse will work under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care. The nurse will promote and advocate healthy lifestyles through school and community events. The nurse will educate teachers, students, and parents on health related topics through the school newsletters and emails.

Counseling:

Licensed guidance counselors will provide comprehensive counseling and guidance services in such areas: conflict resolution, individual and group counseling, crisis intervention and preventative counseling, suicide prevention, referrals to community agencies, and collaboration with teachers. Counselors will work closely with social services, psychologists, and other health related personal to provide quality support for students.

Staff Wellness:

All staff members will be made aware of the Mississippi and School Employees' Health Insurance Plan that has been enhanced to include My Active Health. A healthy lifestyle will be promoted and encouraged at OSUE through staff development, faculty meetings, the staff fitness room, after school organized sessions such as yoga and jogging, and a competitive healthy weight program.

Evaluation and Implementation: The OSUE Health Committee will conduct a yearly review and survey of the progress toward school wellness policy goals and to identify areas for improvement. A Health Improvement Plan will be prepared and submitted yearly regarding the progress toward implementation of the school wellness policy. The Health Committee will be responsible, with administration support, to insure the school wellness policy is implemented.