

**Jefferson Davis County School District
Wellness Policy and School Health Council
Goals
2021-2022**



“Where Children Come First”

J. D. C. S. D. Wellness Policy and School Health Council Goals

2021-2022

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!* And that is precisely why a coordinated approach to school health can make a difference! 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:

All students in Jefferson Davis County Schools shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Jefferson Davis County Schools 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, the Jefferson Davis County School District 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.

Implementation

Minimum requirements:

The JDCSD will:

- **Plan for implementation of the school wellness policy.**
 - **Wellness Policy Council meets first Thursday in each Month to review**
 - **School Guidance Counselor implementation of comprehensive services outlines in policy**
 - **Wellness Policy review to ensure the requirement that all staff are aware of the Mississippi State and School Employees’ Health Insurance Plan that has been enhanced to include My Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit – <http://www.MyActiveHealth.com/Mississippi> has been met**
 - **Wellness Policy Council shall conduct School Health Fairs twice a year**

- **Fall (October or November)**
 - **Spring (February or March)**
- **Wellness Policy Council develop a semester pamphlet to provide information to the community on current trends in health**
 - **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.**
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- **School wellness policy evaluator to determine if policy is being implemented as written.**
 - **District School Nurse, Willetta Sylvas and District Food Service Director, Williams**
- **School Health Council (SHC) will addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).**
 - **District School Nurse, Mrs. Willetta Sylvas, Director**
 - **District Food Service Director, Mrs. Latrice Williams , Co-Director**
 - **District Safety and Compliance Officer, Dr. Jason McLeod**
 - **District Athletic Director, Mr. Lance Mancuso**
 - **Jefferson Davis High School Representation, Mr. Robert Young**
 - **J. E. Johnson Elementary Representation, Mrs. Karey Alegria**
 - **G. W. Carver Representation, Coach Laregus Thompson**
 - **Dennis Fortenberry Career Center Representative, Sheena Barnes**
 - **Compulsory School Attendance Officer, Mary Drummond**
- **Conduct a review of the progress toward school wellness policy goals in April of each year to identify areas for improvement.**
- **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 in the May 2022 School Board Meeting.**