

D'Iberville Middle School Wellness Policy

The School Health Council of D'Iberville Middle School approved and adopted the Harrison County School District Wellness Policy on February 1, 2007. The Council will endeavor to develop activities and programs that support the district Wellness Policy, and promote a healthy lifestyle for the students, families, and staff of the school.

The link between health of students and learning is well documented. It is apparent that problems such as poor nutrition, lack of physical activity, substance abuse, obesity, bullying, and stress can adversely affect not only a child's health but also his ability to learn. A coordinated approach to school health improves a child's wellbeing and their capacity to learn. The objective of the DMS Wellness Policy is to keep students healthy over time, reinforce healthy behaviors throughout the school day, and demonstrate that good health and learning go hand in hand. Toward this end the DMS School Health Council has been established and will work to achieve the goals identified in the district Wellness Policy and the goals identified below specific to D'Iberville Middle School.

Goal 1:

Encourage all students to make nutritious food choices for their meals and snacks.

- Plan:
1. Provide breakfast and lunch meals that model good nutrition.
 2. Provide a cafeteria environment that promotes a positive dining experience.
 3. Post menu selections ahead of time.
 4. Staff that supervises students in the cafeteria and eats with students will model healthy eating habits.
 5. Encourage student participation in school meal programs and discourage unhealthy habits such as skipping meals and eating unbalanced diets.
 6. Incorporate nutrition information into the general education curriculum.
 7. Eliminate the use of non-nutritious foods (i.e. candy) as rewards for student achievement.
 8. Ensure that fund-raising activities are in agreement with the wellness ideals and promote healthy eating whenever food items are sold.
 9. Encourage a balance of healthy foods (fruit, raw vegetables, etc.) and "party" foods (low-fat chips, pretzels, etc.) at special occasion events in school. Emphasize that occasional use of less nutritious foods in moderation may be allowed but should not replace good nutrition.

Goal 2:

Encourage all students to be physically fit and maintain active lifestyles.

- Plan:
1. Provide a structured PE program that teaches skills and activities that can be utilized outside of school also, preferably with a minimum of equipment.
 2. Incorporate the skills tested in the President's Fitness Challenge into the PE curriculum throughout the year.

3. Encourage student participation in sports outside of school.
4. Educate students about the benefits of staying active and the risks associated with a lack of activity. Promote physical activity in classroom lessons, media messages, hallway posters, etc.
5. Incorporate 5-10 minute physical activities into the classes of all subject areas.
6. Provide opportunities for students and staff to be physically active outside of PE class. (Suggestions: Collaborate with local agencies to build a walking track or fitness area adjacent to the school building for staff and students. Develop a fitness area above the gym containing exercise equipment.)

Goal 3:

Provide 50 minutes of health education per week to all students.

- Plan:
1. Select or develop an appropriate health curriculum that will meet the Health Education Frameworks competencies for grades 5-8.
 2. Incorporate the health education curriculum into the PE program and devise a schedule to maximize the number of students provided health education.

Goal 4:

Maintain a healthy school environment to minimize the spread of illness.

- Plan:
1. Emphasize appropriate hand washing by all students and staff. Provide adequate soap and paper towels in all restrooms. Provide hand sanitizer in all classrooms and public areas.
 2. Educate students about disease prevention and appropriate medical care following the Health Frameworks competencies.
 3. Staff should utilize universal precautions whenever exposure to body fluids is a possibility.
 4. Staff and students will support the efforts of the custodial staff to maintain a clean school environment by disposing properly of litter and reporting areas that require special or more intensive cleaning.

Other areas to be addressed in the future include Health Services, Counseling Services, Health Promotion, and Family/Community Involvement.