



## 2010 Mississippi Healthy School Board Award Application



**Application Deadline: January 15, 2010.**

The 2010 Mississippi Healthy School Board Award is a distinguished honor that is given to school districts who have made great achievements in the implementation of school health programs in public schools. In this application, the following categories of school health will be assessed for each district's commitment to:

- Individual School Health Council Development;
- Wellness Policy Implementation;
- Health Services;
- Physical Education;
- Health Education;
- Nutrition Education & Services;
- Staff/Faculty Wellness;
- Community/Family Involvement;
- Food Safe Schools;
- Marketing;
- Healthy School Environment; and
- Tobacco Policy Enforcement.

### Application Instructions

1. Each school board will submit one signed original and 4 copies of the entire packet to:  
**Amanda Williams**  
**Office of Healthy Schools**  
**P.O. Box 771**  
**Jackson, MS 39205**
2. Any questions about the contents of the application should be directed to Amanda Williams at [alwilliams@mde.k12.ms.us](mailto:alwilliams@mde.k12.ms.us) or 601-359-1813.
3. Faxed applications **will not** be accepted.

### Application Criteria and Scoring

An interdisciplinary team of five individuals will score each application. Points for each question are based on how closely the district applies what is recommended in the "Local School Policy Wellness Guide for Development." A total of 200 points can be earned, and no partial credit is given. 10 points of the total will be given to all of those who turn in their signed applications on time and have the correct number of copies included in their packets. Additional points will be given to those that meet the minimum requirements of the Healthy Students Act and also go above and beyond the minimum standards. The application that has the highest number of points will automatically receive the award. All districts will be required to submit each school's wellness policy document and membership roster.

# 2010 Mississippi Healthy School Board Awards Application

## Part I

School District Name (Please Print): _____		
School Board President Name (Please Print): _____		
Superintendent Name (Please Print): _____		
<b>Contact information for Person Submitting Application:</b>		
Name (Please Print)	Title	
_____		
Street Address _____		
City	State	Zip
_____		
Email _____		
Telephone and Extension _____		

Enter the number of schools in the district \_\_\_\_\_

Elementary                       Middle School                       High School

Enter the total number of students in the district \_\_\_\_\_

## Part II

Please provide a brief summary (100 word limit) of **why your district should receive the 2010 Mississippi Healthy School Board Award**. (Please type on a separate sheet of paper and attach.)

## Part III

Directions: Please answer the following questions as accurately as possible.

### School Health Councils

1. Has each school established a health council in your district that has 10 or more members representing the school, community, local businesses, parents, and students?

Yes                       No

2. Does each school health council meet at least three times per year and have minutes to reflect those meetings?
- Yes                       No
3. Has each school health council made at least one presentation to the school board within the last year?
- Yes                       No
4. Do all schools in the district complete a school wellness assessment for planning/evaluation purposes, such as the School Health Index, at least every other year? (*Documentation may be requested in the event that a site visit occurs.*)
- Yes                       No
5. Does at least one school board member serve on a school health council?
- Yes                       No

### Implementing Wellness Policies

To what extent is your school district implementing the following:

	Fully in Place	Developing/ Partially in Place	Not in Place
1. School-level wellness policies that address the health needs/interests of your students, faculty, and staff based upon the School Health Index (or other assessment).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Developed ways to evaluate the stated goals and objectives of the school health councils.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Documented improvements in student health-related attitudes and behaviors (e.g., discipline referrals for health-related infractions – smoking, alcohol, drugs, reduction in teen pregnancy, items consumed from vending machines, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Ensured a system is in place to monitor the impact of our SHC's in relation to key indicators (e.g., absenteeism, drop-out rates, high school completion rates, suspension rates, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Provided SHC updates to the following: school administrators, faculty/staff, parents/caregivers, or the community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Disseminated information concerning the availability of community resources (health insurance, child care, parks, etc.) to parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Communicated <i>changes</i> in policy to students, faculty/staff, parents/caregivers and the community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(e.g., newsletter, website, press release, etc.)

9. Distributed reminders to students, faculty/staff, parents/caregivers, and the community concerning upcoming healthy school activities and events.

10. Allowed students, faculty/staff, parents/caregivers, and the community to communicate feedback on health issues through formal communication channels (e.g., suggestion boxes, e-mail, survey, etc.)

### Health Services

1. Is there at least one Registered Nurse (RN) assigned to the district on a daily basis?

Yes

No

2. If you have one, how many students is each school nurse responsible for at any given time in your district?

### Physical Education/Physical Activity/Health Education

1. Does the district provide *structured physical education*? (Excludes varsity sports, intramural activities, and recess.)

Yes, If yes, what curriculum? \_\_\_\_\_  No

2. How many of the following teach physical education classes in your district?

Licensed Physical Education  Certified Classroom Teacher

Non-certified staff

3. How many minutes per week of structured physical education do students in grades K-8 receive? (Excludes varsity sports, intramural activities, and recess.)

150+  90-119  30-59

120-149  60-89  0-29

4. Does the district conduct *Fitness Assessments* in the physical education classes?

Yes, tool used \_\_\_\_\_  No

5. Does the district allow waivers to exempt students from physical education? (If yes, identify waivers allowed)

Yes, \_\_\_\_\_

No

6. Who teaches health education classes in the district? (Check all that apply)

Health Education Endorsed Teacher

Physical Education Teacher

Regular Classroom Teacher

Other, area specialty

7. For what grade levels is health education taught? (Circle all that apply)

K 1 2 3 4 5 6 7 8 9 10 11 12

8. How many minutes per week are spent on health education in K-8?

≤ 30 minutes

45 -60 minutes

30-45 minutes

> 60 minutes

9. How many minutes per day does the district provide all K-8 students with an opportunity for physical activity outside of PE class (i.e., recess, physical activity period)?

31+

16-20

21-30

0-15

10. Does the district offer students opportunities to participate in intramural sports and/or after school activity programs?

Yes

No

11. Does the district offer parent/student programs that promote health and/or physical activity (e.g., family fun night, wellness challenge, family fitness events, health fairs at school, etc)?

Yes

No

12. Outside of school hours or when school is not in session, are the school facilities available for use by the community? (Check all that apply)

Yes, outdoor facilities

No, indoor facilities

Yes, indoor facilities

No, outdoor facilities

13. Does the district **restrict** physical activity (recess, physical education class, etc.) as a form of punishment for any type of offense?

Yes

No

### Nutrition

1. Does the district employ or have a consulting Registered Dietitian (RD)?

Yes

No

2. How often does the lunch menu offer students a salad bar meal?

Every day

1-2 days a week

3-4 days a week

Never

In one or some junior and high schools only

3. How often does the lunch menu offer a variety of fruit?

Every day

1-2 days a week

3-4 days a week

Never

4. How often does the lunch menu offer vegetables?

Every day

1-2 days a week

3-4 days a week

Never

5. Do the kitchen facilities in the district have fryers?

Yes

No

6. Has the district implemented food purchasing and/or preparation practices to reduce the fat content of foods (use ovens, combi ovens; use lower fat pre-prepared foods, use low/reduced fat cheese, drain cooked beef, etc.)

Yes

No

7. Does the district allow parents to bring fast food items on to campus for students lunches?

Yes

No

8. Does the district allow advertisements of carbonated drinks in the cafeteria, school halls or in athletic departments?

Yes

No

9. Does the district lunch schedule permit students at least 20 minutes to eat their lunch? (Excluding time required to stand in the lunch line, walk to and from class, etc)

Yes

No If no, how long do students have? \_\_\_\_\_

10. Do food service staff and teachers coordinate activities to reinforce and/or enhance classroom nutrition education?

Yes

No

11. How does the district promote the consumption of fresh fruits and vegetables (i.e., posters, free samples, etc.)?

---

12. How often does the breakfast program provide choices such as low-fat milk, 100% juice, fruits, high-fiber cereal, or low sugar items?

- Every day                       1-2 days a week  
 3-4 days a week               NA

13. Does the district offer an Expanded Breakfast Program?

- Grab n' Go Breakfast               Breakfast after 1<sup>st</sup> period  
 Breakfast in the Classroom         Does not offer

14. Does the district have vending machines accessible to students? (If yes, at what time of the day)

- Yes \_\_\_\_\_               No

15. What grade levels have access to the vending machines? (circle all that apply)

K 1 2 3 4 5 6 7 8 9 10 11 12

16. Are all items in vending machines on the "Approved Snack List"?

- Yes                                       No

17. Do faculty/staff have their own vending machines with at least 50% of items on the "Approved Snack List"?

- Yes                                       No

18. Does the district offer visual aids (e.g., signs/pictures) to promote healthy food selections to students?

- Yes                                       No

19. Does the district allow students to have activity before lunch to increase plate consumption?

- Yes                                       No

**Staff/Faculty Wellness**

1. Does the district provide on-site wellness programs for staff and faculty?

- Yes                                       No (If No, Skip Questions #2-3)

2. How are the current district faculty/staff wellness programs funded? (Check all that apply.)

- Entirely by the district                       Employees pay all fees  
 Employees share some of the costs    Supported by other outside funds

3. Which of the following wellness programs are offered to the district's faculty/staff? (Check all that apply.)

- Stress Management                       Physical Activity Opportunities  
 Health Screenings/Fairs                 Smoking Cessation Classes  
 Healthy Eating/Nutrition/Weight Management  
 Incentive(s) to participate in Wellness  
 Other \_\_\_\_\_

4. Does the district allow faculty/staff to participate in physical activity at any time during the school day?

- Yes     No

**Tobacco**

1. Is the use of **all** tobacco products prohibited on campus/school grounds/parking lots and at sports venues at all times? (Check all that apply)

- Yes, by all students                       Yes, by all faculty/staff  
 Yes, by visitors                               Yes by all, but not after hours

2. Does the district policy prohibit students from wearing tobacco brand-name apparel including non-clothing items such as gym bags, water bottles, etc.?

- Yes     No

3. Does the district have a tobacco education program in place that is used as an alternative to suspension or tobacco cessation services for those students who violate the tobacco use policy?

- Yes     No

4. Is there signage located in prominent places at all campuses to communicate the tobacco use policy for the district?

- Yes     No

5. Is all use of tobacco products prohibited by all staff on school grounds?

Yes

No

**Healthy School Environment**

1. Are exit doors in all schools free of pad locks, chains and anything obstructing an exit?

Yes

No

2. Are all exit signs illuminated and clearly visible in case of an emergency?

Yes

No

3. Do all playgrounds in the district meet Federal guidelines for playground safety to prevent unintentional injuries of students?

Yes

No

4. Are there two means of exit available in each classroom that might include two doors or a door and a window where students could get out in case of an emergency?

Yes

No

5. Does every classroom in the district have air conditioning?

Yes

No

**Part IV**

Please attach a copy of each school's wellness policy document and a list of each school health council's members.

**Certification**

We certify that to the best of our knowledge, this application is true and correct in all aspects.

\_\_\_\_\_  
School Board President  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Superintendent  
Signature

\_\_\_\_\_  
Date