

**Office of Healthy Schools
2014-2015 Monitoring Tool**

School District _____ Superintendent _____

School _____ Principal _____

School Health Coordinator _____

Number of Students Served _____ Grades Served _____

Staff Monitor _____ Date _____



Monitoring Instrument Summary

The Office of Healthy Schools understands and promotes the relationship between student health and academic achievement. To support the implementation of quality school health programs and policies, the Office of Healthy Schools provides a policy guide and a monitoring instrument for local districts/schools to use as resources. These resources were developed based on state and federal policy, State Board of Education policy, and Mississippi Public School Accountability Standards.

The Local School Wellness Policy Guide provides all minimum policies and examples of optional policies for physical education, health education, nutrition, marketing, implementation, counseling/psychological services, healthy school environment, staff wellness, food safe schools, family/community involvement, and health services. This guide is developed to provide school districts with the minimum requirements for implementation and optional policy statements for schools to use to meet the needs of students at the local level based on data collection and a needs assessment. The Local School Wellness Policy Guide can be downloaded at www.mde.k12.ms.us/healthy-schools.

The Office of Healthy Schools Monitoring Instrument was developed as a resource for school districts to conduct a self assessment of implementation of school health policies. Also, this resource is used by Mississippi Department of Education Staff to conduct onsite evaluations that ensure quality implementation of policies, to identify successes and to evaluate the need for future training opportunities. The Office of Healthy Schools Monitoring Instrument can be downloaded at www.mde.k12.ms.us/healthy-schools.

The following documents provide the authority for the requirements contained in the Office of Healthy Schools Monitoring Instrument.

Mississippi Code of 1972, Annotated, Section 37-13-134

- Requires 150 minutes per week of activity based instruction and 45 minutes per week of health education instruction in grades K-8,
- Requires the establishment of a local school health council; and
- Requires the recommendations of a school health council to be based on a coordinated approach to school health.

Mississippi Code 37-13-17

- Requires that every school district have a sex-related education policy, either abstinence-only or abstinence-plus and that sex-related education be taught
- Requires that every school district select sex-related curricula from an approved list
- Requires that parents must sign permission for students to receive instruction (opt-in)

Mississippi Public School Accountability Standards

Standard 6 requires that there be a qualified school counselor at each school site.

Standard 27 requires physical education and health education to be a part of the basic curriculum in any configuration of grades K-8.

Standard 20 and Appendix A-3 requires ½ Carnegie unit for graduation in physical education and ½ Carnegie unit for graduation in health education.

Standard 17.5.1 requires every school to have a local school wellness policy. This policy must be based on a coordinated approach to school health, developed with input from a local school health council, and approved annually by the local school board.

State Board of Education Policy

Code 4003	Mississippi Beverage Regulations
Code 4004	Mississippi Snack Regulations
Code 4011	Nutrition Standards

Code 4012 Comprehensive Health and Physical Education Rules and Regulations

New Legislation – effective 2014-2015:

- **House Bill 432** - For grades 9-12, one-half Carnegie unit requirement in physical education or physical activity for graduation, shall include an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of the physical education curriculum.
- **House Bill 48** – Each school district must adopt and implement a Concussion Management and Return to Play Policy
- **Senate Bill 2218** - Each school district **must** adopt a policy authorizing a school nurse or trained school employee to administer auto-injectable epinephrine to a student who it is believed, in good faith, to be having an anaphylaxis reaction, whether or not the student has a prescription for epinephrine. The district **may** maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location.

The Office of Healthy Schools routinely conducts onsite monitoring visits in school districts to ensure the necessary technical assistance is provided to local school districts to confirm implementation of quality programs. Also, the Office of Healthy Schools staff will participate in onsite monitoring visits as part of the evaluation team when a complete audit is conducted by the Office of Accreditation. If deficiencies are found in meeting accreditation standards or state and federal laws, the district will be notified and the deficiencies will be noted on their Accreditation Records Summary. If the deficiencies are not cleared prior to assigning an accreditation status by the Commission on School Accreditation, the districts accreditation status may be adversely affected.

For more information, please contact the Office of Healthy Schools at (601) 359-1737.

Directions: Place a checkmark in the box to indicate “yes” or “no” for the following criteria:

Criteria	Yes	No
<p>1. Does your school have a local school wellness policy as required by Section 37-13-134 Mississippi Code of 1972 annotated Mississippi Public School Accountability Standard 17.5.1, and the 2004 (PL#108-265) Child Nutrition and WIC Reauthorization Act?</p> <p><i>Your policy should include the Coordinated School Health Components listed below. During your monitoring visit, the Office of Child Nutrition and the Office of Healthy Schools will be evaluating these components:</i></p> <p><u>Office of Child Nutrition:</u></p> <p><input type="checkbox"/> Nutrition Guidelines <input type="checkbox"/> Nutrition Education <input type="checkbox"/> Implementation <input type="checkbox"/> Food Safe Schools <input type="checkbox"/> Physical Activity <input type="checkbox"/> Marketing</p> <p style="text-align: center;"><u>Office of Healthy Schools:</u></p> <p style="text-align: center;"><input type="checkbox"/> Health Education <input type="checkbox"/> Physical Education <input type="checkbox"/> Health Services <input type="checkbox"/> Healthy School Environment <input type="checkbox"/> Family and Community Involvement <input type="checkbox"/> Counseling/Psychological Services <input type="checkbox"/> Employee Wellness</p> <p>2. Does your school have a school health council? (provide a list of the names of members of your council)</p> <p>3. Does your school health council assess the health and wellness needs of your school using the School Health Index (SHI)? (Code 37-11-71)</p>		
<p>4. Is health education and physical education a part of the basic curriculum in any configuration of grades K-8? (Mississippi Public School Accountability Standard 27)</p>		
<p>5. Does the school offer sequentially planned, age appropriate health education based on the 2012 Mississippi Contemporary Health Curriculum?</p>		
<p>6. Does the school offer sequentially planned, age appropriate physical education based on the 2013 Mississippi Physical Education Frameworks?</p>		
<p>7. Does the school meet the minimum requirements for instruction in grades K-8 grades for physical education/activity-based instruction (150 minutes per week) and for Health education (45 minutes per week) - Section 37-13-134 of the Mississippi Code of 1972 Annotated? If no, please explain efforts to meet these requirements:</p> <p>_____</p> <p># of certified Physical Education Teachers for K-8 _____</p> <p># of certified Health Education Teachers for K-8 _____</p>		

<p>8. Does the district have a sex-related education policy? (Code 37-13-17) Abstinence Only _____ Abstinence Plus _____ At what grade levels is sex-related education being taught? _____ Who is providing the instruction? _____ What curriculum is being taught? _____</p>		
<p>9. Does the school meet the minimum requirements in grades 9-12 for health education? (Mississippi Public School Accountability Standard 20-1/2 Carnegie unit for graduation) # of certified Health Teachers _____</p>		
<p>10. Does the school meet the minimum requirements in grades 9-12 for physical education? (Mississippi Public School Accountability Standard 20-1/2 Carnegie unit for graduation) # of certified Physical Education Teachers _____</p> <p>11. Does your school provide an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of the physical education curriculum? (House Bill 432)</p> <p>12. Does your school have a Concussion Management and Return to Play Policy? (House Bill 48)</p>		
<p>13. Is there evidence the school conducts fitness testing for all fifth grade students?</p>		
<p>14. Is there evidence the school conducts fitness testing for high school students during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the MS Healthy Students Act?</p>		
<p>15. Does your school nurse work under the guidelines of the <i>Mississippi School Nurse Procedures and Standards of Care</i>? (State Board of Education Policy # 4008) Does your nurse(s) serve students full time, or are they shared within the district? Ratio of students to school nurse at this school site _____</p>		
<p>16. Are there Asthma Action Plans on file for students with asthma? (Code 37-11-71)</p> <p>17. Does your school have a policy authorizing a school nurse or trained school employee to administer auto-injectable epinephrine to a student who it is believed, in good faith, to be having an anaphylaxis reaction, whether or not the student has a prescription for epinephrine? (Senate Bill 2218)</p> <p>18. Do you maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)</p>		

<p>19. Is there a part-time or full-time licensed counselor, psychologist, or social worker who the students have access to for support as outlined in the MS Public School Accountability Standard 6?</p> <p>Ratio of students to counselor _____</p>		
<p>20. Does your district have a policy prohibiting bullying and harassing behavior? (Code 37-11-67)</p> <p>Does your district/school provide training in anti-bullying for employees?</p>		
<p>21. Does your district/school have a plan in place to provide suicide-prevention training for new employees? (Code 37-3-103)</p>		
<p>22. Does the school provide employee wellness programming?</p> <p>23. Does your school have a marketing plan for health and wellness? (school newsletter, website, media releases and signage with themes related to school health)</p>		

Reviewer should collect the following documents:

- ___ Copy of local school wellness policy
- ___ List of School Health Council Members
- ___ Documentation of evidence of implementation of the minimum requirements for health education instruction in grades K-8 or 9-12 (lesson plans, master schedule, etc.)
- ___ Documentation of evidence of implementation of the minimum requirements for activity-based instruction in grades K-8 or 9-12 (lesson plans, master schedule, etc.)



Mississippi Department of Education
The Office of Healthy Schools
P.O. Box 771
Jackson, Mississippi 39205-0771
601.359.1737