



# Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)



School: Middle School of Poplarville

Date: 10-14-25

School District: Poplarville School District

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

## Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)				✓			
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?				✓			
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?				✓			
1.4 Does your school implement health and wellness components, included in the <i>Local Wellness Policy Guide for Development</i> and mandated by state and federal agencies (USDA, MS State Board Policy, and MS Accountability Standards)				✓			
1.5 Has your school designated a lead school official (school health coordinator) and school				✓			

**COMPONENT #1 Column Totals**  
Total for all items (1.1 – 1.5) = 15 / 15 = 100 %  
(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)

[illegible]


## Component 2: Health Education

Definitions of Success	0	1	2	3	Don't Know	Comments & Notes
					NA	

2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)					
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[illegible][illegible][illegible][illegible][illegible]

2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?				✓			
2.7 Do all teachers of health education participate at least once a year in professional development in health education?			✓				
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?					✓		
<b>COMPONENT #2 Column Totals</b> <u>21</u> <u>95</u> % Total for All Items (2.1 – 2.8) <u>20</u> / <u>24</u> = <u>95</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

0	1	2	3				
Not in place	Under Development	Partially in Place	Fully in Place				
Component 3: Physical Education / Physical Activity							
Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?				✓			
3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?				✓			
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?				✓			
3.4 Does the school prohibit exemptions or waivers for physical education?				✓			
3.5 Do teachers keep students moderately to							



vigorously active for at least 50% of the time during most or all physical education class sessions?									
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®				✓					
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5 <sup>th</sup> grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?				✓					
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?				✓					
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)				✓					
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?				✓					
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)				✓					
3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?				✓					
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?				✓					
<b>COMPONENT #3 Column Totals</b> Total for All Items (3.1 – 3.13) = <u>35</u> /39 = <u>100</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11									

& 12)

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

#### Component 4: Nutrition Environment and Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?				✓			
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)				✓			
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?				✓			
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?						✓	
4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?				✓			
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and snack or food carts.				✓			
4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are			✓				Food brought from home to classrooms does not always follow USDA Smart Snacks guidelines.



not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.						
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?				✓		
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?				✓		
4.10 Is your school implementing any Farm to School activities?			✓			
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?	✓					Will Obtain more information to utilize this program in the future.
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?			✓			
<b>COMPONENT #4 Column Totals</b> Total for All Items (4.1 – 4.12) = <u>21</u> / 36 = <u>58</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)						

0	1	2	3
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Component 5: Health Services, Counseling, Psychological and Social Services						
Definitions of Success	0	1	2	3	Don't Know	NA
5.1 Does your school have a school nurse to serve						
Comments & Notes						

students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)							Nurse Shared between MSP & PHS
5.2 Does your school nurse work under the guidelines of the Mississippi School Nurse Procedures and Standards of Care? (State Board of Education Policy # 4008)					✓		
5.3 Does your school track students with chronic health conditions?					✓		
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?					✓		
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)					✓		
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)					✓		
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)						✓	See Attached
5.8 Does the school use Administrative Claiming to help support school health programming?					✓		
5.9 Does your school have a licensed counselor, to whom students have access?					✓		
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)					✓		
<b>COMPONENT #5 Column Totals 27</b> Total for All Items (5.1-5.10) = $27/30 = 100\%$ (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

0	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place



## Component 6: Physical Environment

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?				✓			
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?				✓			
6.3 Are all chemicals used at the school site stored properly?				✓			
6.4 Are fire extinguishers inspected each year and are they properly tagged?				✓			
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?				✓			
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?				✓			
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?				✓			
6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)				✓			
6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?				✓			
<b>COMPONENT #6 Column Totals</b> Total for All Items (6.1 – 6.9) = <u>21</u> /27 = <u>100</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							



	1		2		3		
Not in Place	Under Development		Partially in Place		Fully in Place		
Component 7: Employee Wellness							
Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.				✓			
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.				✓			
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.				✓			
<b>COMPONENT #7 Column Totals</b> Total for All Items (7.1 – 7.3) = <u>9</u> / 9 = <u>100</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)							

0		1			2		3
Not in place	Under Development			Partially in Place		Fully in Place	
Component 8 - Family Engagement and Community Involvement							
0	1	2	3	Don't Know	NA	Comments & Notes	
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.			✓				
8.2 The school invites family or community members to eat a meal at school.			✓			Veterans Day Breakfast	
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a			✓				

shared use agreement.									
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.					✓				
8.5 The school encourages family mealtimes that include healthy choices.			✓						
8.6 The school updates parents on school health news through monthly newsletters and/or email.			✓						
8.7 The school plans for healthy fundraisers and healthy school celebrations.					✓				
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.					✓				
<b>COMPONENT #8 Column Totals</b> <sup>21</sup> Total for All Items (8.1–8.8) = <u>17</u> / <u>24</u> = <u>81</u> % (To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)									



## Mississippi Healthy School Self-Assessment Overall Score Card

*To complete score card, take % calculated for each component above and place it in the appropriate column below.*

*Check the components where works needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.*

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
<b>Component 1:</b> School Health Policies					100%	
<b>Component 2:</b> Health Education					95%	
<b>Component 3:</b> Physical Education/Physical Activity					100%	
<b>Component 4:</b> Nutrition Environment & Services					82%	
<b>Component 5:</b> Health Services, Counseling, Psychological and Social Services					100%	
<b>Component 6:</b> Physical Environment					100%	

<b>Component 7:</b> Employee Wellness						100%	
<b>Component 8:</b> Family Engagement & Community Involvement						81%	



## Mississippi Healthy School Self-Assessment

### Planning Questions – for all components

(copy this page for each component that you are writing a plan for).

#### Planning Question 1

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

#### Strengths

- Physical Environment / Safety
- Health Services / Nurse Availability
- Physical Education
- Employee Wellness
- Policies related to School Wellness / Health

#### Planning Question 2

For each weakness identified, list recommended action(s) to improve your school's scores.

#### Weaknesses

- Monthly Communication regarding School health and healthy Mealtime ideas.

- Provide monthly updates to parents regarding School health. (Via School status or district website)
- Provide healthy mealtime ideas on a regular basis (Via Classroom newsletter, School Status or district website)

**MS Department of Education  
Office of Healthy Schools  
Senate Bill 2218-MS Asthma and Anaphylaxis Child Safety Act  
District Implementation Plan for Anaphylaxis**

**New Requirements for Sections 37-11-71 and 73-25-37**

- 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.

- A licensed medical physician may prescribe epinephrine auto-injectors in the name of the school district or school to be maintained for use when necessary.
- Each school that **maintains** a supply of auto-injectable epinephrine at school shall require at least one employee on the school campus to receive training from a registered nurse, or a physician in the administration of auto-injectable epinephrine.

- Any school employee who is **trained** in the administration of auto-injectable epinephrine, and who provides, administers or assists with an auto-injectable epinephrine in good faith believes the student to be having an anaphylactic reaction, is immune to civil liability for any personal injury if the actions or failure to act do not amount to willful or wanton misconduct or gross negligence.
- The schools with a valid **prescription** for auto-injectable epinephrine may accept donations, from public or private entities, or seek grants to obtain funds for the purchase of auto-injectable epinephrine.

**Best Practice**

- Develop and approve a policy authorizing an appropriately trained school employee to administer an auto-injectable epinephrine to a student who appears to be having an anaphylaxis reaction. Elements to be included:
  - Convene a team to develop this policy, including administrators, school nurse when possible, office staff, and other key individuals.
  - Policy should become part of the school emergency plan
  - Incident Communication Protocols



- Initiation of this emergency is **ALWAYS** considered an emergency and Emergency Medical Services (911) should be activated.
- Training-Identify who will be trained by title and location, and who will provide the training.
- Acquiring Auto-Injectable Epinephrine
- Storage and Location of Auto-Injectable Epinephrine
- Ongoing monitoring of the plan to include assessment of safe location, expiration of auto-injectable epinephrine, and documentation of any incident.

- Store Auto-Injectable epinephrine in a secure central location.
- A prescription in the name of the school or district should be obtained by a local physician before obtaining auto-injectable epinephrine
- Training should be provided by a healthcare provider (school nurse, physician, other RN familiar with this training.)
- Provide training for 1-3 employees per campus
- Auto-Injectable Epinephrine can be obtained through donations from drug companies, hospitals, or physician's office.

\*A drug company may offer to supply the initial auto-injectable epinephrine please read any official agreement carefully before signing.

## Resources

Managing Food Allergies in MS Schools Guidelines-  
<http://www.mde.k12.ms.us/ohs/home>

National Association School Nurses—[www.nasn.org](http://www.nasn.org) anaphylaxis resources for NASN members

Allergy & Asthma Network—[www.aanma.org](http://www.aanma.org)

Food Allergy Research & Education--[www.foodallergy.org/anaphylaxis](http://www.foodallergy.org/anaphylaxis)

Contact the Office of Healthy Schools (601-359-1737) if you have further questions.