

**JONESBORO-HODGE MIDDLE SCHOOL
SCHOOL WELLNESS POLICY**

(reviewed 5/29/10 for the 2010-2011 school year)

Jonesboro-Hodge Middle School recognizes the role it plays in promoting student health, good nutrition, and physical activity. Jonesboro-Hodge Middle School will promote a healthy school environment by emphasizing student wellness, good nutrition, and regular physical activity not only through physical education classes, health classes, and food and nutrition classes, but through the total learning environment.

Jonesboro-Hodge Middle School has a responsibility to help students learn, establish, and maintain patterns of nutrition and physical activity that facilitate a healthy environment. Through the Jackson Parish School Nutrition, the school will provide nutritious and healthy meals; the Jonesboro-Hodge Middle School Physical Education department will ensure a healthy fitness program to enhance a student's overall health, as well as their behavior and academic achievement. The Jackson Parish School Board shall require that all foods made available on the campus should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible.

SPECIFIC WELLNESS GOALS

Nutrition Education

Jonesboro-Hodge Middle School will:

1. Promote and implement nutrition education that promotes lifelong healthful eating practices. (Health classes)
2. Use lessons that are age-appropriate, with behaviorally focused content that is developmentally appropriate and culturally relevant. (Health classes)
3. Use lessons that are sequential and are correlated with standards, benchmarks, and GLEs.
4. Provide hands-on activities that are fun. (Health classes and Physical Education)
5. Provide opportunities for students to taste foods that are low in fat, sodium, and added sugars and high in vitamins, minerals, and fiber. (Health classes)
6. Focus on positive aspects of healthful eating behaviors. (Health classes)
7. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting. (whole school effort)

Physical Activity

1. Promote and implement quality physical education programs that emphasize and promote participation and lifelong activities
2. Provide students in grades 7-8 with a minimum of 150 minutes per week of physical education.
3. Strive toward having quality, certified physical education teachers to guide activity instruction.
4. Provide staff development on standards implementation for physical education instruction.

Other School-Based Activities

- 1. Encourage parents and guardians through the Parental Involvement Policy to emphasize the important of good nutrition and daily activity to their children.**
- 2. Offer classroom health education that complements physical education reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.**
- 3. Encourage school staff to participate in physical activities to serve as role models**
- 4. Support community-based physical activity programs.**

MONITORING AND POLICY REVIEW

Monitoring

The principal or designee shall be responsible for assuring compliance with the Jonesboro-Hodge Middle School Wellness Policy. The principal or designee will ensure compliance within the school and report findings to the Superintendent of Jackson Parish Schools.

School food service staff at J-HMS shall assess compliance with nutritional policies with school food service areas and report on this matter to the Food and Nutrition Supervisor of Jackson Parish Schools.

Policy Review

The Jonesboro-Hodge Middle School Wellness Policy shall be reviewed each year and changes made as necessary.

Norman A. Amos, Principal

Date