

POLICY TITLE: School Wellness		
ADOPTION/EFFECTIVE DATE: 05/08/2006	MOST RECENTLY AMENDED: 04/20/2009	MOST RECENTLY REAFFIRMED:
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY: District Management		

I. Purpose

The purpose of this policy is to express the Board's commitment to maintaining school environments that promote and protect student health through the provision of appropriate nutrition education, physical education, a variety of healthy food and beverage choices and encouraging all Harford County Public Schools (HCPS) employees to model healthy behaviors.

II. Policy Statement

A. Goals

In support of the policy statement, the Board adopts the following policy goals.

1. The school system will engage students, parents, teachers, food service professionals, health professionals and other interested community members in implementing, monitoring and reviewing district-wide nutrition and physical activity policies/procedures.
2. All students in Pre-K through 12 will have opportunities, support and encouragement to be physically active on a regular basis.
3. A variety of nutritional foods and beverages will be offered to students during the school day.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of a diverse student body.
5. To the maximum extent practicable, all schools will participate in available federal school meal programs.
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and the school system will establish relationships between health education and school meal programs with community collaboration.

B. Actions

The following are actions which the Board and schools will undertake to accomplish the goals set forth above.

1. School Health Council

The Board will seek the advice of the existing Coordinated School Health Council regarding school health, nutrition and wellness matters in connection with the development or revision of Board policy.

2. Nutritional Quality and Availability of Food and Beverages Sold/Served on Campus

- a. No food or beverage of minimally nutritional value shall be sold at schools from 12:01 a.m. until dismissal.
- b. Schools are encouraged to offer and promote nutritionally dense food when providing food and beverages free of charge between 12:01 a.m. and dismissal.
- c. Paragraphs 2(a) and (b) above shall not apply to food or beverages served as part of an approved curriculum.
- d. Vending machines at schools or on school property shall not operate from 12:01 a.m. until dismissal with the following exceptions.
 - Vending machines accessible only to staff.
 - Vending machines that sell only unflavored water.
- e. All vending machines not subject to the exceptions set forth above in paragraph 2(d) shall be equipped with timing devices which render the machine inoperable from 12:01 a.m. until dismissal.
- f. All children shall have the opportunity to participate in school meals. Children with a disability which restricts their diet shall be provided specialized services by the Food and Nutrition Department.

- g. Nutritional and ingredient information on all products served shall be available to the public so that students may make informed eating decisions.
 - h. Schools shall make all reasonable efforts to eliminate social stigma attached to, and prevent the overt identification of, students who are eligible for free or reduced priced meals.
 - i. The nutritional content of all reimbursable school meals shall be in accordance with applicable regulations issued by the United States Department of Agriculture and the Maryland State Department of Education.
 - j. All a la carte items sold by the Food and Nutrition Services Department shall meet nutritional requirements approved by the Superintendent.
 - k. All schools are strongly encouraged to include offerings that are of high nutritional value with respect to all foods sold or served after the period from 12:01 a.m. until dismissal, including food and beverages sold or served in connection with fundraising, athletic events, dances, performances and similar school sponsored events.
 - l. Schools/staff shall refrain from using food or beverages at any time as either reward or punishment for academic or instructional achievement, performance, effort or activity in any respect or for behavior modification or punishment.
3. Nutrition and Physical Activity Education and Promotion

Schools shall provide nutrition education that is aligned with the Comprehensive School Health Education and the Voluntary State Curriculum in accordance with the USDA regulations and other applicable law and regulation and shall engage in nutrition promotion. Such education and promotion shall:

- a. be offered pre-K through 8 and in required health education and in other applicable courses as part of a sequential, comprehensive, standard based program designed to provide the students with the knowledge and skills necessary to promote and protect their health and which is aligned with the Voluntary State Curriculum. Nutrition education and nutrition promotion shall be part of both health education classes and classroom curriculum;

- b. emphasize the present Dietary Guidelines for Americans;
- c. emphasize caloric balance between food intake and energy expenditure;
- d. develop and maintain collaboration with school meal programs and nutrition and health related agencies and organizations.

4. Staff Wellness

The Board highly values the health and wellbeing of every staff member and will plan and implement activities, policies and/or programs that support efforts by staff, school and systemic efforts to maintain a healthy lifestyle. Locations in school facilities shall be made available and scheduled times before and after duty day hours shall be provided for activities and programs which promote the health and well-being of staff.

5. Physical Activity Opportunities and Physical Education

- a. A physical education program will be provided each year for all students in grades Pre-K through 8 and in grades 9 through 12 in order to enable students to meet graduation requirements and to select physical education electives.
- b. The physical education program shall be sequential and aligned with the Maryland Voluntary State Curriculum and meet the requirements of applicable law and regulation. Such physical education program, to the greatest extent possible, shall be aligned with the National Association for Sport and Physical Education (NASPE) standards. All physical education shall be taught by a certified physical education teacher.
- c. All students, including students with disabilities, special healthcare needs and in alternative education settings, shall participate in physical education. Student involvement in other activities involving physical movement, e.g. interscholastic or intramural sports, shall not be substituted for meeting the physical education requirement.
- d. All elementary school students shall have at least fifteen (15) minutes per day of supervised recess during which school staff should encourage moderate to vigorous

physical activity. School staff shall make reasonable efforts to ensure that students do not experience extended periods of inactivity. Withholding of recess shall not be used to punish students for misconduct.

e. All middle and high schools are encouraged to offer extracurricular physical activity programs such as physical activity clubs or intramural programs. Schools shall offer a range of activities that meet the needs, interests and abilities of all students including students with disabilities and students with special healthcare needs in accordance with applicable law and regulation and without regard to gender.

6. Schools shall have available to all students health services which promote the health of students through prevention, physical exams as appropriate, early intervention and remediation of specific health problems and direct services to students.

C. Monitoring and Policy Review

1. The Superintendent shall designate a member of the administrative staff who shall monitor compliance with this policy and related procedures. The Superintendent shall establish regulations which implement this policy. Such designee shall annually report to the Superintendent regarding the school system's compliance with this policy and related procedures.

2. This policy shall be reviewed by the Board on an annual basis.

Board Approval Acknowledged By:

Patricia L. Skebeck, Interim Superintendent
Board of Education of Harford County

Policy Action Dates											
ACTION		DATE		ACTION		DATE		ACTION		DATE	
Adopted		5/8/2006									
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Responsibility for Policy Maintenance & References					
LAST EDITOR/DRAFTER NAME: Patrick P. Spicer, Esquire			JOB POSITION OF LAST EDITOR/DRAFTER: General Counsel		
PERSON RESPONSIBLE: Mary Nasuta			JOB POSITION OF PERSON RESPONSIBLE: Nurse Coordinator		
DESIGNEE NAME: N/A			JOB POSITION OF DESIGNEE: N/A		
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