



STUDENTS: Services to Students

Wellness

I. Policy Statement

- A. The Board of Education of Baltimore County (Board) is committed to providing a school environment that promotes students' health, well-being and ability to learn. The Board acknowledges that students need access to healthy foods and physical activity, health and counseling services and the support of the school, family and community to grow, learn and thrive. The Board recognizes that good physical, mental, social, emotional well-being and health reduces absenteeism, improves test scores and enhances student achievement.
- B. The Board further believes Baltimore County Public Schools (BCPS) has a responsibility to help students develop skills, knowledge and the attitudes necessary to adopt and maintain healthy lifestyles.
- C. Consistent with the *Healthy, Hunger-Free Kids Act of 2010*, Board Policy 5470, along with the implementing Superintendent's Rule, shall constitute the school system's *Local Wellness Policy*.

II. Standards

- A. The Board supports a coordinated approach to school health, understanding that many school programs and services support student health and wellness. The programs and services fall into the following ten categories, based on the whole school, whole community and whole child model from the Centers for Disease Control and Prevention:
 - 1. Health education;
 - 2. Physical education and physical activity;
 - 3. Health services;
 - 4. Nutrition environment and services;
 - 5. Counseling, psychological and social services;
 - 6. Social and emotional school climate;
 - 7. Physical environment;
 - 8. Employee wellness;
 - 9. Community involvement; and
 - 10. Family engagement.

- B. The Superintendent shall seek the advice of the Baltimore County Health Council regarding school health, nutrition and wellness matters.
- C. The Superintendent shall establish guidelines to implement the wellness policy that include, but are not limited to:
 - 1. Specific goals for nutrition promotion and education, physical activity and other system-wide activities that promote student wellness;
 - 2. Nutrition guidelines for all foods and beverages sold to students on the school premises;
 - 3. Standards for all other foods and beverages available on the school campus, but not sold, such as those provided at classroom parties and school celebrations and as rewards and incentives;
 - 4. Identifying wellness policy leadership of one or more school officials who have the authority and responsibility to ensure each school complies with the policy; and
 - 5. Involving parents, students, school administrators and representatives of food and nutrition services, physical education teachers and school health professionals in the development, review and revision of the wellness policy.
- D. In accordance with federal regulation (7 C.F.R. Part 210.30), the wellness policy shall be reviewed at least once every three years to assess each school's compliance with the policy, the extent to which the policy compares to model wellness policies and the progress made in attaining the goals of the wellness policy.
- E. The wellness policy and the triennial assessment shall be made available to the public on the school system's Web site.

III. Annual Notice

Annually, the Superintendent will inform families and the public about the wellness policy, including its content, any updates to the policy and its implementation.

IV. Implementation

The Board directs the Superintendent to implement this policy.

Legal References: 42 U.S.C. §§1751, et seq., *Richard B. Russell National School Lunch Act*
42 U.S.C. §§1771, et seq., *Child Nutrition Act of 1966, as amended*
42 U.S.C. §1779, et seq., *Child Nutrition and WIC Reauthorization Act of 2004*
S. 3307, 111TH Cong. (2010), *Healthy, Hunger-Free Kids Act of 2010*
7 C.F.R. Parts 210, 220, 225, 226 and 250, *Child Nutrition Programs Annotated Code of Maryland*, Education Article §7-401, *School Health Program*
Annotated Code of Maryland, Education Article §7-409, *Physical Education Program*
COMAR 13A.04.13, *Program in Physical Education*
COMAR 13A.04.18, *Program in Comprehensive Health Education*
COMAR 13A.05.05, *Programs of Pupil Services*
COMAR 13A.06.01, *Programs for Food and Nutrition*

Related Policies: Board of Education Policy 3310, *Food and Nutrition Services*
Board of Education Policy 5410, *School Counseling Services*
Board of Education Policy 5420, *Health Services*
Board of Education Policy 5430, *Psychological Services*
Board of Education Policy 6100, *Curriculum*

Related Rule: Superintendent's Rule 6702, *Intramural, Informal, and Interscholastic Athletics*

Policy Board of Education of Baltimore County
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