

Title: Comprehensive School Wellness and Nutrition

Reference: V.50.50

A. Purpose

Healthy eating, wellness and physical activity are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

B. Policy Statement

The Board of Education recognizes that good health fosters good student attendance and academic achievement, and that students need nourishing foods and physical activity in order to grow, learn, and excel. The Board of Education recognizes its responsibility to provide a safe and healthy learning environment for all students. The Board acknowledges the necessity for the school system to ensure that the school environment promotes and protects students' health and ability to learn by providing nutrition education, physical activity, and a variety of food and beverage choices. The Board believes schools have a responsibility to help students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle.

C. Rationale

Each local school system must have a comprehensive school wellness and nutrition policy that contains certain elements as outlined in Section 204 of the Public law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004 (National School Lunch and Breakfast Program).

D. Definitions

1. Coordinated School Health Council: Advises the Caroline County Board of Education in the development and maintenance of coordinated school health programs.
2. Nutrition: The taking in and use of food and other nourishing material by the body.
3. Physical Activity: Any bodily movement produced by skeletal muscles that results in an expenditure of energy.
4. Wellness: A dimension of health beyond the absence of disease or infirmity, including social, emotional and spiritual aspects of health.

E. Implementation Guidelines:

1. The school system will provide healthy affordable meals to the students of Caroline County.
2. Food and beverages sold or served by the school will, to the extent practicable, meet the nutrition recommendations of the US Dietary Guidelines for Americans. Meals served through the National School Lunch and Breakfast Programs will meet the nutrition requirements established by local, state, and federal statutes and regulations.

3. All foods made available on school property or through school-sponsored activities shall comply with State and County food, safety, and sanitation regulations.
4. Schools will follow state guidelines regarding student access to vending machines.
5. Schools will implement the State Curriculum Framework as published by the Maryland State Department of Education for health education and physical education.
6. Schools will provide nutrition and health education (wellness) that teaches the skills students need to adopt a healthy lifestyle. Teachers are encouraged to integrate nutrition and health education (wellness) into core curriculum areas such as math, science, social studies, and language arts as applicable.
7. Schools will encourage opportunities for physical activity outside of physical education, classes when possible.
8. The Caroline County Coordinated School Health Council will serve as a partner in the Wellness Policy Leadership Team, providing assistance to the schools in the areas of health education, physical education, health services, nutrition services, counseling, psychological and social services, healthy and safe school environments, health promotion for staff, and family and community involvement.
9. Schools will maintain Wellness Teams to develop, implement, and report on wellness goals and activities. Each school will designate a coordinator to serve as the chairperson of this team.
10. CCPS will develop and implement an employee wellness program for all district employees.

F. Expectations for Evaluation, Review, and Updates

1. CCPS will maintain a Wellness Policy Leadership Team comprised of a variety of district stakeholders, including but not limited to supervisors, teachers, community members, parents, and students, to review implementation of this policy and communicate district progress. District progress will be reported annually and provided on the CCPS website.
2. The ~~Coordinator~~ Supervisor of Food Services will ensure compliance with this policy within food service areas and will report on this matter to the superintendent or his/her designee.
3. The Supervisor of Instruction for Health and Physical Education will ensure compliance with this policy within the instructional areas and report on this matter to the superintendent or his/her designee.

4. The principal will ensure compliance with this policy within the school and will report on this matter to the Superintendent or his/her designee.
5. The Superintendent or his designee will provide the Board of Education an annual update regarding the implementation of this policy.

G. Legal and Policy References

- Section 204 of the Public law 108-265 of the Child Nutrition and WIC Reauthorization Act of 2004 (National School Lunch and Breakfast Program)
- Section 3307 of the Public law 111-296 (The Healthy, Hunger-Free Kids Act of 2010)
- COMAR 13A.06.01 (programs for Food and Nutrition)

H. Effective Date: March 1, 2006

I. Date Adopted: February 7, 2006

J. Date Revised: July 2, 2013, June 6, 2017