

**BOARD OF EDUCATION OF HARFORD COUNTY**  
**INFORMATIONAL BOARD REPORT**  
**RECOMMENDATION ON**  
**REVISION AND RENAMING OF**  
**BOARD POLICY 20-0037-000 WELLNESS POLICY**  
**MARCH 27, 2023**

**Background Information:**

The Board maintains a manual which sets forth the various policies of the Harford County Public Schools. The manual contains policies which are either required by federal and state law and regulation or which are, in the Board's judgment, necessary and appropriate for the school system to operate in a lawful, appropriate, and effective manner. Among these is the Board's policy titled, 20-0037-000 Wellness Policy.

**Discussion:**

As a result of recent review of the current policy and system updates to sport activities and nutrition standards, Mr. Joseph Harbert, Director of Health and Wellness, and Ms. Kristina Sudzina, Supervisor of Food and Nutrition, together propose revisions to and re-naming of the Board's current Wellness Policy.

**Attachments:**

1. Current Board Policy 20-0037-000 Wellness Policy.
2. Proposed, Revised, Retitled Board Policy 20-0037-000 Health and Wellness Policy.

**Superintendent's Recommendation**

The Superintendent recommends that the Board review for possible approval at a future meeting, the proposed, revised, retitled policy entitled 20-0037-000 Wellness Policy.

POLICY TITLE: <b>Wellness Policy</b>		
ADOPTION/EFFECTIVE DATE: <b>05/08/2006</b>	MOST RECENTLY AMENDED: <b>04/10/2017</b>	MOST RECENTLY REAFFIRMED:
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY: <b>District Management</b>		

### I. Purpose

The purpose of this policy is to provide direction to the school system for promoting student health and well-being in educating the whole child and to fulfill the requirements of Public Law 111–296, Healthy, Hunger-Free Kids Act of 2010.

### II. Definitions

- A. Comprehensive School Health Education – A planned sequential curriculum that addresses the physical, emotional, and social dimensions of health; develops health literacy, attitudes and skills; and is tailored to the developmental level of children.
- B. Extracurricular Activities –School sponsored events, program or undertakings that:
  - 1. generally occur after the school day;
  - 2. are not graded and for which a credit is not earned, and is not described as part of a course of study or subject offering in the course description guide including, but not limited to, interscholastic sports; and,
  - 3. coached or supervised by Harford County Public Schools (HCPS) staff paid pursuant to a collective bargaining agreement or a coach appointed pursuant to the code of Maryland regulations (COMAR 13A.06.03.04B)
- C. School Health Services – Preventive services, education, emergency care, referral, and management of acute and chronic health conditions which are designed to promote the health of students, identify and prevent health problems and injuries and ensure care for students.
- D. Interscholastic Athletics – Athletic competitions conducted pursuant to COMAR 13A.06.03
- E. Intramural Program – An activity program within a school that provides students an opportunity to participate in activities that are an extension of the physical education program.

- F. Nutrition Education – A component of comprehensive school health education curriculum that teaches knowledge and skills related to nutrition and physical activity in order to achieve positive changes in dietary and physical activity.
- G. Physical Activity – Any bodily movement produced by skeletal muscles that results in an expenditure of energy.
- H. Physical Education Program – A planned sequential curriculum taught by certified physical education professionals that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.
- I. Recess – Regularly scheduled periods within the school day for structured and/or non-structured physical activity and play.
- J. School Counseling and Psychological Services – Activities that focus on cognitive, emotional, behavioral and social needs of individuals, groups and families and which are designed to prevent and address problems, facilitate positive learning and health behavior and enhance healthy development.
- K. School Based Wellness Team – School based staff (counselor, nurse, health or physical educator, staff, teacher, administrator) that will be responsible for wellness program compliance and the school improvement wellness goal. One member of the team will be a member of the School Improvement Team.
- L. Adaptive Physical Education – Instruction that has been appropriately modified to provide effective physical education services to students with disabilities in accordance with Federal and State laws and regulations pertaining to disabled students or curriculum. (Individuals with Disabilities Education Act, 2004)
- M. School Improvement Coordinator - An HCPS employee designated to monitor, evaluate and support school improvement plans for the system.

### **III. Statement of Policy**

#### **A. Nutrition Education**

Schools shall make reasonable effort to make food and beverage advertisements that align with healthy nutritional practices. Elementary health education curriculum is taught to all student's pre-K through 5. Certified health education teachers shall provide comprehensive health education in all secondary schools utilizing the General Curriculum Committee approved health education curriculum.



### B. Physical Education Program Requirements

1. Elementary physical education shall be provided a minimum of 275 minutes per month.
2. Middle school physical education shall be provided a minimum of 45 minutes a day, subject to exceptions for band, chorus and orchestra students who receive instruction every other day.
3. High school physical education is a required half credit course aligned to national standards and student selected required half credit elective program.
4. Adapted physical education shall be provided based on student needs and in accordance with State and Federal laws and regulations and HCPS physical education curriculum. Evaluation and consultative services shall be provided by certified adapted physical education itinerant staff for all students.

### C. Physical Activity

Staff shall incorporate physical activity within the school day to limit extended periods of inactivity.

1. Elementary schools shall provide a minimum of 20 minutes of supervised recess each day for all students. Physical education and recess shall not be withheld as punishment or to complete schoolwork. Adequate facilities and equipment will be provided. Recess shall not be scheduled before or after physical education instruction.
2. Secondary schools shall provide physical activity opportunities through intramurals, extracurricular activities and interscholastic programs.

### D. Food and Beverages

1. Schools shall comply with all laws and regulations related to nutrition food or drink products in public school.
2. No food may be used as a reward to students.

3. Incentives or awards for student achievement shall be non- food health minded incentives e.g. extra recess, leadership opportunities, brain boost, public acknowledgment of achievements.
- E. Food advertisement shall utilize advertisement aligned with nutritionally sound practices and comply with Harford County Public Schools Policy - 20-0044-000
- F. Student Services
  1. School Health Services:
    - a. Schools shall provide all students with a quality comprehensive program delivered by registered nurses.
    - b. School health services shall assist students to maximize their potential by promoting optimal health status.
    - c. Nurses shall actively contribute to a culture of health and wellness within the schools.
  2. School Counseling and Psychological Services:

Schools shall provide to all students and support the development of a positive mental health climate within the schools.
- G. Staff Wellness

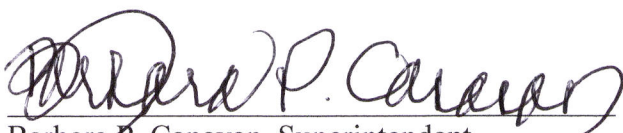
Employees shall be encouraged to maintain optimal health and wellbeing to serve as role models for students and families and to ensure maximal effectiveness in their job setting.
- H. Family and Community Involvement

All schools shall pursue and cultivate partnerships with families, community groups and individuals to promote programs and share resources in order to maximize the health and development of students and their families.

### I. Compliance

The Superintendent shall name a designee to monitor each schools progress in meeting the wellness policy goals. The designee shall complete an assessment of the wellness policy and report findings annually to the School Health Council and the School Improvement Coordinator. An assessment of the wellness policy will be completed every three years.

### Board Approval Acknowledged By:

A handwritten signature in dark ink, appearing to read "Barbara P. Canavan", is written over a horizontal line.

Barbara P. Canavan, Superintendent  
Board of Education of Harford County

Policy Action Dates					
ACTION	DATE	ACTION	DATE	ACTION	DATE
Adopted	05/08/2006				
Amended	04/20/2009				
Amended	04/10/2017				

Responsibility for Policy Maintenance & References	
LAST EDITOR/DRAFTER NAME: Patrick P. Spicer, Esquire	JOB POSITION OF LAST EDITOR/DRAFTER: General Counsel
PERSON RESPONSIBLE:	JOB POSITION OF PERSON RESPONSIBLE:
DESIGNEE NAME:	JOB POSITION OF DESIGNEE:
POLICY NUMBER PRIOR TO NOVEMBER 1, 2005:	

### **LEGAL REFERENCES<sup>1</sup>**

All references are set forth in the Policy.

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<sup>1</sup> All references are to specific federal or Maryland statutes or regulations. References are provided for convenience and informational purposes only and are not to be considered as exhaustive or as precluding Harford County Public Schools from relying upon any other statutes or regulations in support of a policy.



POLICY TITLE: <b><del>WELLNESS POLICY</del> HEALTH AND WELLNESS POLICY</b>		
ADOPTION/EFFECTIVE DATE: <b>05/08/2006</b>	MOST RECENTLY AMENDED: <b>04/10/2017</b>	MOST RECENTLY REAFFIRMED:
POLICY/PROCEDURE MANUAL SUMMARY CATEGORY: <b>District Management</b>		

**I. Purpose**

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**II. Definitions**

- A. Comprehensive School Health Education - A planned sequential curriculum that addresses the physical, emotional, and social dimensions of health; develops health literacy, attitudes and skills; and is tailored to the developmental level of children.
- B. Extracurricular Activities -School sponsored events, program or undertakings that:
  - a. generally occur after the school day;
  - b. are not graded and for which a credit is not earned, and is not described as part of a course of study or subject offering in the course description guide including, but not limited to, interscholastic sports; and,
  - c. coached or supervised by Harford County Public Schools (HCPS) staff paid pursuant to a collective bargaining agreement or a coach appointed pursuant to the code of Maryland regulations (COMAR 13A.06.03.048)
- C. School Health Services - Preventive services, education, emergency care, referral, and management of acute and chronic health conditions which are designed to promote the health of students, identify and prevent health problems and injuries and ensure care for students.
- D. Interscholastic Athletics -Athletic competitions in **Middle and High School** conducted pursuant to COMAR 13A.06.03
- E. Sports for Life – Provide athletes of all abilities the opportunity to participate in modified sport activities.**
- F. Intramural Program - An activity program within a school that provides students an opportunity to participate in activities that are an extension of the physical education program.



- G. Food and Beverages - Students may have access to food and beverages in a variety of locations at school including the cafeteria, "Breakfast in the Classroom," school stores, school celebrations, and fundraisers.
- H. School Meals - The Department of Food and Nutrition Services provides school meals that meet or exceed state and federal standards for the National School Lunch Program, School Breakfast Program and other applicable meal programs.
- I. Nutrition Education -A component of comprehensive school health education curriculum that promotes and teaches knowledge and skills related to nutrition and physical activity in order to achieve positive changes in dietary and physical activity.
- J. Physical Activity - Any bodily movement produced by skeletal muscles that results in an expenditure of energy.
- K. Physical Education Program - A planned sequential curriculum taught by certified physical education professionals that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.
- L. Recess - Regularly scheduled periods within the school day for structured and/or non-structured physical activity and play.
- M. School Counseling and Psychological Services -Activities that focus on cognitive, emotional, behavioral, and social needs of individuals, groups and families and which are designed to prevent and address problems, facilitate positive learning and health behavior and enhance healthy development.
- N. School Based Wellness Team - School based staff (counselor, nurse, health or physical educator, staff, teacher, administrator) that will be responsible for wellness program compliance and collaborate with the School Performance and Achievement Team at each school.
- O. Adaptive Physical Education - Instruction that has been appropriately modified to provide effective physical education services to students with disabilities in accordance with Federal and State laws and regulations pertaining to disabled students or curriculum. (Individuals with Disabilities Education Act, 2004)
- P. School Performance Coordinator - An HCPS Central Office employee designated to monitor, evaluate, and support school performance and achievement plans for the system alongside each school's School Performance and Achievement Team.

### III. Statement of Policy

#### A. Health Education

~~Schools shall make reasonable effort to make food and beverage advertisements that align with healthy nutritional practices.~~

1. Elementary health education curriculum is taught to all students pre-K through 5 utilizing the General Curriculum Committee-approved health education curriculum.
2. Certified health education teachers shall provide comprehensive health education in all secondary schools utilizing the General Curriculum Committee-approved health education curriculum.
3. The health education program is conducted in accordance with state regulation and aligned with national and state standards
4. Health education in grades 9-12 shall enable students to meet the health education graduation requirements and for non-diploma-bound students.

#### B. Physical Education Program Requirements

1. Elementary physical education shall be provided a minimum of 275 minutes per month.
2. Middle school physical education shall be provided daily, subject to exceptions for electives or other academic requirements.
3. High school physical education is a required half credit course aligned to national standards and student selected required half credit elective program.
4. Adapted physical education shall be provided based on student needs and in accordance with State and Federal laws and regulations and HCPS physical education curriculum. Evaluation and consultative services shall be provided by certified adapted physical education itinerant staff for all students.
5. The physical education program is a planned sequential curriculum taught by certified physical education professionals that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life. The physical education program shall be developmentally appropriate according to grade level.
6. The physical education program is conducted in accordance with

state regulations and aligned with national and state standards.

### C. Physical Activity

Staff shall incorporate physical activity within the school day to limit extended periods of inactivity.

1. Elementary schools shall provide a minimum of 20 minutes of supervised recess each day for all students. Physical education and recess shall not be withheld as punishment or to complete schoolwork. Adequate facilities and equipment will be provided. Recess shall not be scheduled before or after physical education instruction.
2. Secondary schools shall provide physical activity opportunities through intramurals, extracurricular activities, and interscholastic programs.

### D. Food and Beverages

1. No food may be used as a reward to students
2. Schools may not withhold food as a punishment, including food served through the school meals program.
3. Incentives or awards for student achievement shall be non-food health minded incentives e.g., extra recess, leadership opportunities, brain boost, public acknowledgment of achievements.
4. Classroom celebrations must coincide with current curriculum and be communicated appropriately to parents/guardians.
5. Food sold to students on school premises during school hours including through vending machines, school stores, fundraisers, and other sales will meet or exceed Federal and Maryland nutrition standards and not compete with the School Meal Programs. For purposes of this requirement, school hours are deemed to begin at 12:01 am on any school day and run through 30 minutes after the end of the school day.
6. Any food or beverages advertised or promoted to students on school property during the school day will meet or exceed the federal and state standards for food in public schools and comply with Harford County Public Schools Policy - 20-0044-000

### E. School Meals

The Department of Food and Nutrition Services is committed to serving healthy, well-balanced meals to students. All schools within HCPS participate in the United States Department of Agriculture (USDA) child nutrition programs and are committed to offering school meals through all applicable Federal child nutrition programs that meet or exceed current nutrition requirements and regulations.

School Meal Programs are promoted to the public including menus, nutrient information, and allergen information via a public website.

#### ~~Food and Beverages~~

~~7. Schools shall comply with all laws and regulations related to nutrition food or drink products in public school.~~

~~8. No food may be used as a reward to students. (moved)~~

~~9. Incentives or awards for student achievement shall be non-food health minded incentives e.g. extra recess, leadership opportunities, brain boost, public acknowledgment of achievements. (reworded and moved)~~

~~a. Food advertisement shall utilize advertisement aligned with nutritionally sound practices and comply with Harford County Public Schools Policy 20-0044-000 (reworded and moved)~~

b. Student Services

#### 1 School Health Services:

Schools shall provide all students with a quality comprehensive program delivered by registered nurses.

School health services shall assist students to maximize their potential by promoting optimal health status.

Nurses shall actively contribute to a culture of health and wellness within the schools.

#### 2 School Counseling, Psychological Services, and Social Workers:



Schools shall provide to all students and support the development of a positive mental health climate within the schools.

i. Harford County Public Schools has partnered with outside mental health agencies to provide school-based mental health support to students in grades K-12.

a. Staff Wellness

Employees shall be encouraged to maintain optimal health and wellbeing to serve as role models for students and families and to ensure maximal effectiveness in their job setting.

b. Family and Community Involvement

All schools shall pursue and cultivate partnerships with families, community groups and individuals to promote programs and share resources in order to maximize the health and development of students and their families.

c. Compliance

The Superintendent shall name a designee to monitor each school's progress in meeting the wellness policy goals. The designee shall complete an assessment of the wellness policy and report findings annually to the School Health Council and the School Performance Coordinator. An assessment of the health and wellness policy will be completed every three years.

### Board Approval Acknowledged By:

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Sean W. Bulson, Ed.D.  
Superintendent

Policy Action Dates					
ACTION		DATE		ACTION	
Adopted		05/08/06			
Amended		04/20/09			
Amended		04/10/17			

Responsibility for Policy Maintenance & References	
LAST EDITOR/DRAFTER NAME: <del>Patrick P. Spicer, Esquire</del>	JOB POSITION OF LAST EDITOR/DRAFTER: <del>General Counsel</del>
PERSON RESPONSIBLE:	JOB POSITION OF PERSON RESPONSIBLE:
DESIGNEE NAME:	JOB POSITION OF DESIGNEE:
POLICY NUMBER PRIOR TO NOVEMBER 1, 2005:	

### **LEGAL REFERENCES<sup>1</sup>**

References are set forth in the Procedure.

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