

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.06.03.048)
- 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 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
  - I. 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

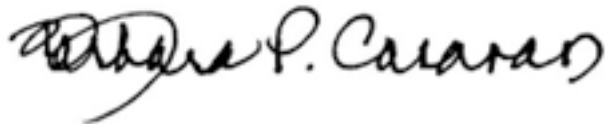
Employees shall be encouraged to maintain optimal health and wellbeing to serve as role models for students and families and to ensure maximal effectiveness in their job setting.
- H. Family and Community Involvement

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:**



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Board of Education of Harford County

Policy Action Dates					
ACTION		DATE		ACTION	
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.