



STUDENTS: Services to Students

Wellness

I. Philosophy

- 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 by supporting healthy eating and physical activity. The Board recognizes that students need access to healthful foods and physical activity, health and counseling services, with the support of the family and community in order to grow, learn, and thrive. The Board recognizes that good health reduces absenteeism, improves test scores, and enhances student achievement.
- B. The Board believes schools have a responsibility to help students develop skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle and encourages employees to serve as role models for students by maintaining healthy lifestyles. In order to achieve this goal, the Board supports programs promoting student and staff wellness through coordinated school health initiatives involving the eight components of coordinated school health:
1. School health services
 2. Healthy school environment
 3. Health education
 4. Coordinated student support services
 5. Employee wellness
 6. Physical education and physical activity
 7. Food and nutrition services
 8. Community collaboration

II. Definition

- A. Consistent with the *Healthy, Hunger-Free Kids Act of 2010*, Board of Education Policy 5470, along with its implementing Superintendent's Rule, shall constitute the school system's *Local Wellness Policy*.

III. Implementation

- A. The Superintendent shall implement this Local Wellness Policy by establishing procedures that recognize the importance of implementing health and wellness activities.
- B. The Superintendent shall seek the advice of the Baltimore County School Health Council regarding school health, nutrition, and wellness matters in connection with the development of, or revision of, this policy and its implementing procedures.
- C. The Superintendent shall designate a member of the administrative staff to monitor compliance with this wellness policy and its related rule. Such designee shall report to the Superintendent regarding the school system's compliance with this policy and related procedures.
- D. The Superintendent shall inform and update the public about the content and implementation of this policy.

Legal References: 42 U.S.C. §§1751, *et seq.*, *National School Lunch Act, as amended*
42 U.S.C. §1758(b), *Richard B. Russell National School Lunch Act, as amended*
42 U.S.C. §§1771, *et seq.*, *Child Nutrition Act*
42 U.S.C. §1779, *ET SEQ.*, *Child Nutrition and WIC Reauthorization Act of 2004*
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*

Policy

Board of Education of Baltimore County

Adopted: 07/11/06

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