



STUDENTS: Services to Students

Wellness

I. Purpose

To implement Board of Education of Baltimore County (Board) Policy 5470 by establishing guidelines for the content, implementation and assessment of the wellness policy.

II. Definitions

- A. *Emotional Behavioral Health Services* – The promotion of emotional health and the prevention of mental illnesses and substance use disorders, as well as treatment and services for substance abuse, mental illness and/or mental disorders.
- B. *Healthy Foods* – Foods and beverages that meet or exceed federal and state nutrition standards.
- C. *Nutrition Environment* – All areas of the school where foods and beverages are accessible to students.
- D. *School Day* – The period from the midnight before to 30 minutes after the end of the official school day.
- E. *School Campus* – All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

III. Guidelines

- A. Health Education
 - 1. Health education helps students develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices that protect and promote health and avoid or reduce health risks.
 - 2. The health education program is conducted in accordance with state regulation and aligned with national and state standards.
 - 3. Units of instruction include mental and emotional health; alcohol, tobacco and other drugs; personal and consumer health; family life

and human sexuality; safety and injury prevention; nutrition and fitness; and disease prevention and control.

4. Health education instruction will be provided:
 - a. For all students in Grades Prekindergarten-8; and
 - b. In Grades 9-12 to enable students to meet the health education graduation requirement and for non-diploma-bound students.

B. Physical Education and Physical Activity

1. Physical education and physical activity provide students with the knowledge, confidence, skills and motivation to enjoy a lifetime of healthful physical activity.
2. The physical education program is conducted in accordance with state regulations and aligned with national and state standards.
3. Physical education curriculum will provide a balanced instructional program offering a variety of age-appropriate sequential activities to develop each student's optimum physical, mental, emotional and social development, and promotes activities and sports that all students enjoy and can pursue throughout their lives.
4. Developmentally appropriate physical education will be provided to:
 - a. All students in Grades kindergarten-8; and
 - b. All students in Grades 9-12 to enable students to meet the 1.0 credit graduation requirement.
5. All students in Grades 4-9 will participate in an annual fitness assessment and receive personalized assessment results.
6. Recess is an integral component of a child's physical, social and academic development.
 - a. Each elementary school schedule will include a minimum of 20 minutes, and up to 30 minutes, of daily recess for every student.
 - b. During recess (preferably outdoors), students will be encouraged to participate in moderate to vigorous physical activity.
 - c. Recess is not to be taken away as a form of punishment. The denial of recess for any reason requires principal approval.
7. Each middle school will provide opportunities for extracurricular physical activity programs.
8. Intramural, interscholastic and/or corollary athletic programs will be offered in secondary schools in accordance with established Board Policies, Superintendent's Rules and school system procedures.

9. All staff are encouraged to incorporate physical activity, whenever possible and prudent, into instruction.

C. Health Services

1. Health services contributes to an overall culture of health and wellness within schools. These services are designed to prevent, remove and/or mitigate the impact of health barriers to learning.
2. All students will have access to school health services.
3. A registered nurse will be assigned full time to each Baltimore County public school and implement the health services program.
4. The health services program is designed to include:
 - a. Providing nursing and emergency care for illness or injury;
 - b. Providing treatment at school for medical conditions affecting student health;
 - c. Preventing and controlling communicable disease;
 - d. Facilitating access and/or referral to primary care health services; and
 - e. Fostering appropriate use of primary care health services; and providing health promotion for the students, staff and school community.
5. The school nurse shall coordinate screening programs to identify health conditions that impact learning.
6. Health services, including school-based wellness centers and school-based emotional behavioral health services, will be available as needed and provided in collaboration with the Baltimore County Department of Health and community providers.
7. Each school will ensure that at least one staff member, in addition to the school nurse, is trained in CPR and first aid.

D. Nutrition Environment and Services

1. A healthy school nutrition environment supports healthy eating by promoting healthy foods and beverages through cafeteria marketing, encouraging participation in the school meal programs.
 - a. The Office of Food and Nutrition Services (OFNS) shall administer the United States Department of Agriculture (USDA) child nutrition programs in accordance with federal and state regulations, Board Policy and Superintendent's Rule 3310, *Food and Nutrition Services*, and school system procedures.

- b. Free, potable water will be available to students where school meals are served in the school cafeteria.
 - c. Menus will be posted on the OFNS Web site and include a nutrition analysis of all foods offered in the school meals program.
 - 2. **Competitive Foods and Beverages**

All foods and beverages sold outside of the school meals program during the school day (e.g. “competitive” foods and beverages) shall meet or exceed federal and state nutrition standards, which is posted on the OFNS Web site.
 - 3. **Celebrations and Rewards**

The OFNS will establish procedures for healthy party ideas for parents and teachers, including non-food celebration and rewards ideas. The OFNS will post these procedures on the OFNS Web site.
 - 4. **Foods and beverages should not be consumed for educational purposes, except as defined in the general curriculum, or when indicated in a student’s individualized education program (IEP), behavior intervention plan or a 504 plan.**
 - 5. **Food and Beverage Marketing**

The OFNS shall establish procedures for food and beverage marketing during the school day and on the school campus that allow marketing and advertising of only those foods and beverages that meet or exceed federal and state nutrition standards. These procedures will be posted on the OFNS Web site.
- E. **Counseling, Psychological and Social Services**
- 1. Counseling, psychological and social services support the mental behavioral and social-emotional health of students.
 - 2. The school system will provide a continuum of prevention and intervention programs and student support services that address social-emotional learning, positive behaviors, character education, bullying/cyberbullying, substance abuse and suicide.
 - 3. Each school will establish a coordinated student support services team that integrates school counseling, pupil services, school social work and psychological services to provide prevention and intervention services and supports through a multi-tiered system of support.
- F. **Social and Emotional Climate**

1. Positive social and emotional climates promote health, growth and development by providing a safe and supporting learning environment.
2. Each school shall provide a safe and supportive learning environment that fosters student engagement and the development of student connections with faculty, staff and peers.

G. Physical Environment

1. A healthy and safe physical school environment promotes learning by ensuring the health and safety of students and staff.
2. The Department of Physical Facilities will design, construct and maintain facilities to ensure a safe and healthy physical environment conducive to learning and working.
3. The department of physical facilities will establish and implement an Indoor Air Quality Program (IAQP). Each school shall implement the IAQP by appointing a staff member to serve as the school's IAQP coordinator.
4. The Office of Environmental Services will maintain water sources to ensure each student has access to quality drinking water by frequent flushing of systems to prevent contaminant accumulation. Bottled water will be used when water safety cannot be assured.
5. All construction projects will be scheduled to minimize disruption of the school learning environment.

H. Employee Wellness

1. Employees will be encouraged to maintain optimal health and well-being to serve as role models for students and families and to ensure maximum effectiveness in performance of their jobs.
2. To support employee wellness, the school system will provide employees with access to:
 - a. Onsite biometric screenings;
 - b. Health assessments;
 - c. Flu vaccine clinics;
 - d. Weight management programs;
 - e. Stress reduction programs;
 - f. Smoking cessation resources;
 - g. Programs that promote physical activity; and
 - h. Financial wellness seminars.
3. Each school and site shall designate at least one staff member to serve as wellness champion. A wellness champion is responsible for

communicating information from the BCPS employee wellness council to the staff at their school or site.

I. Community Involvement

The school system will partner with the Baltimore County Health Council regarding school health, nutrition and wellness matters in connection with the development and revision of school system's wellness policy and this rule. Community input will be elicited on all aspects of the coordinated school health program. The legally mandated local school health council serves as an interdisciplinary, interagency and community-based advisory council to provide this input for the school system.

J. Family Engagement

Parent/community input to local schools on wellness will be provided via the BCPS stakeholder survey and/or by other means as determined by the Superintendent.

III. Compliance

- A. The Chief Academic Officer and the school officials who oversee the ten components of the wellness policy shall constitute the school system's wellness policy leadership. The wellness policy leadership is responsible for the policy's implementation, evaluation and revision.
- B. Each school principal shall ensure his/her school complies with the wellness policy by appointing a wellness liaison.

IV. Implementation

- A. Annual Progress Reports
 - 1. Annually, the wellness policy leadership will provide wellness policy progress reports, which include:
 - a. The Web site address for the wellness policy;
 - b. A description of each school's progress in meeting the wellness policy goals;
 - c. A summary of each school's local school wellness events or activities;
 - d. Contact information for the wellness policy leadership; and

- e. Information on how individuals and the public can get involved.
2. The Chief Academic Officer shall annually report to the Board regarding the school system's compliance with the local wellness policy.
3. The Office of Health services will provide an annual report to the Baltimore County School Health Council on progress in the ten components of the wellness policy.

B. Triennial Assessments

The Division of Curriculum and Instruction will conduct an assessment of the wellness policy every three years, at a minimum, to determine:

1. Compliance with the wellness policy;
2. How the wellness policy compares to model wellness policies; and
3. Progress made in attaining the goals of the wellness policy.

C. Public Updates

The Division of Curriculum and Instruction, on an annual basis, at a minimum, shall provide public updates on the wellness policy Web page or by other means that include, but are not limited to:

1. The wellness policy;
2. Information and updates to and about the wellness policy;
3. The annual progress report; and
4. The triennial assessment.

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*

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