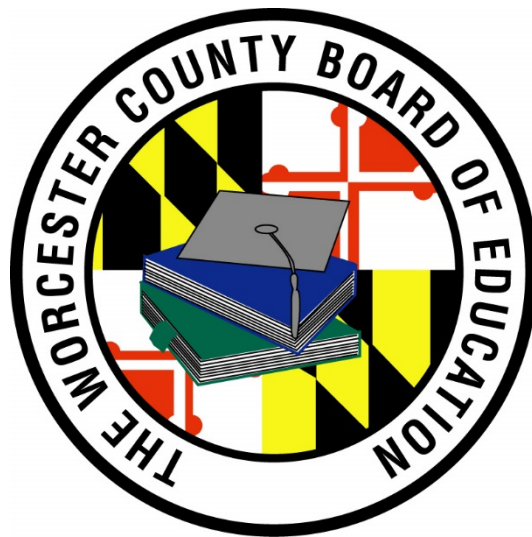


**WORCESTER COUNTY
BOARD OF EDUCATION**

**HEALTH AND
WELLNESS POLICY AND
PROCEDURES**



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**HEALTH AND WELLNESS POLICY AND PROCEDURES
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LOCAL HEALTH AND WELLNESS POLICY (IV-D-11)

The Worcester County Board of Education recognizes that good nutrition, healthy eating patterns, and positive physical activity are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Since a well-planned and well-implemented school nutrition program and physical activity program have been shown to positively influence the long-term health of students, the Worcester County Board of Education will develop procedures, to promote healthy eating habits and positive physical activity in compliance with the Child Nutrition Reauthorization Act of 2004 and Maryland State Department of Education regulations. As an essential component of the local wellness plan, procedures shall ensure:

A. Nutrition Guidelines

1. Schools shall follow Healthy, Hungry Free Kids Act of 2010 (HHFKA) to promote and encourage students to establish and maintain lifelong, healthy eating patterns.

B. Nutrition Education

1. Schools shall provide a nutrition education program in accordance with the Code of Maryland Regulations and the Maryland State Health Curriculum.

C. Nutrition Promotion

1. Schools shall create a school environment that supports the promotion of healthy food and beverage products and an active lifestyle.
2. Schools shall minimize the commercial exploitation of its students, as well as, create and maintain a learning environment that minimizes commercial distractions, in regards to food and beverage.

D. Physical Activity/Physical Education

1. Schools shall provide a physical education program in accordance with the Code of Maryland Regulations and the Maryland State Physical Education Curriculum.
2. Schools shall value, model and promote positive and age appropriate physical activity and education.
3. Schools shall follow the existing recess policy. (See Policy II-C-6)

E. Other School-Based Activities to Promote Student Health

1. Schools shall promote student health through a variety of programs and initiatives.
2. Each school shall form a Health and Wellness Committee to encourage good nutrition and daily fitness activities. Each school shall have a Health and Wellness Committee Site Coordinator (HWC) who oversees this committee. (Details pertaining to these committees can be found in the procedures).

F. Staff Wellness

1. Worcester County Public Schools and the Central Office shall promote staff health and wellness by providing a variety of organized programs for staff, designed to enrich and improve their nutritional, physical, mental and emotional well-being.

G. Monitoring Health and Wellness Policies

1. The central office and schools shall collaborate to monitor the Health and Wellness policies and procedures.