

1. School Health Council

The Allegany County Schools will strengthen, and work within the existing School Health Council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The School Health Council also will serve as a resource to schools for implementing those policies.

2. Nutrition Goals and Guidelines

In the interest of influencing student behavior regarding healthy food choices:

- a. All Allegany County Public School cafeterias will prepare and serve school meals that will meet the nutrition standards established by the USDA and the MSDE.
- b. Teachers and school organizations are encouraged to minimize the use of candy and other food to be consumed during the instructional day as a reward system for students.
- c. Meals served through the National School Lunch and Breakfast Programs will meet all Federal Regulations for School Meal nutrition standards and the Smart Snacks in School nutrition standards.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

- a. Elementary Schools - The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.
- b. Middle and High Schools - In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the all Federal Regulations for School Meal nutrition standards and the Smart Snacks in School nutrition standards.

Nutrition Education and Promotion

The Allegany County Schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a. is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- c. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d. promotes fruits, vegetables, whole grain products, low fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- f. links with school meal programs, other school foods, and nutrition-related community services;

- g. teaches media literacy with an emphasis on food marketing; and
- h. includes training for teachers and other staff.

3. **Health Education and Physical Education and Activities**

Physical Education (P.E.) K-12

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regularly scheduled health education and physical education. Students in grades 9-12 will be required to successfully complete a 1 (one) credit course in physical education and a ½ (half) credit course in Health Education as a graduation requirement. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education and/ or health education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The Health and Physical Education Supervisor will be responsible for the implementation / compliance of comprehensive Health Education and Physical Education.

4. **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- a. classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- b. opportunities for physical activity will be incorporated into other subject lessons; and
- c. teachers will provide short physical activity break between lessons or classes, as appropriate.

5. **Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

6. **Physical Activity and Discipline**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) for disciplinary reasons.

7. **Employee Wellness**

The Allegany County Schools highly value the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school will establish and maintain a staff wellness committee composed of at least one staff member, or wellness representative, and the school climate team. The school health council staff wellness sub-committee will develop, promote, and oversee a multifaceted plan to promote staff

health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

8. Parent and Community Involvement

- a. Partnership between families will be strengthened by two-way communication between the school and parents, which will be maintained at all times.
- b. All schools will encourage parents/family involvement in a meaningful way in decisions that affect their children. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer to send home nutrition information and post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

- c. Success of family involvement in the schools shall be measured by the Allegany County Public Schools' Parent Survey.

Monitoring and Policy Implementation/Review

Monitoring

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the superintendent or designee.

At least once every three years, the superintendent or their designee shall assess district-wide compliance with ACPS's wellness policy and make assessment results available to the public. The assessment must measure the implementation of ACPS's wellness policy, and include:

- a. The extent to which schools are in compliance with ACPS's wellness policy;
- b. The extent to which ACPS's wellness policy compares to model local wellness policies; and
- c. A description of the progress made in attaining the goals of ACPS's wellness policy.

Policy Review

Assessments will be conducted periodically to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and wellness policies. The district will, as necessary, revise the nutrition and wellness policies and develop work plans to facilitate their implementation.

Board Reviewed 06/11/2024	Superintendent Approved 06/11/2024
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